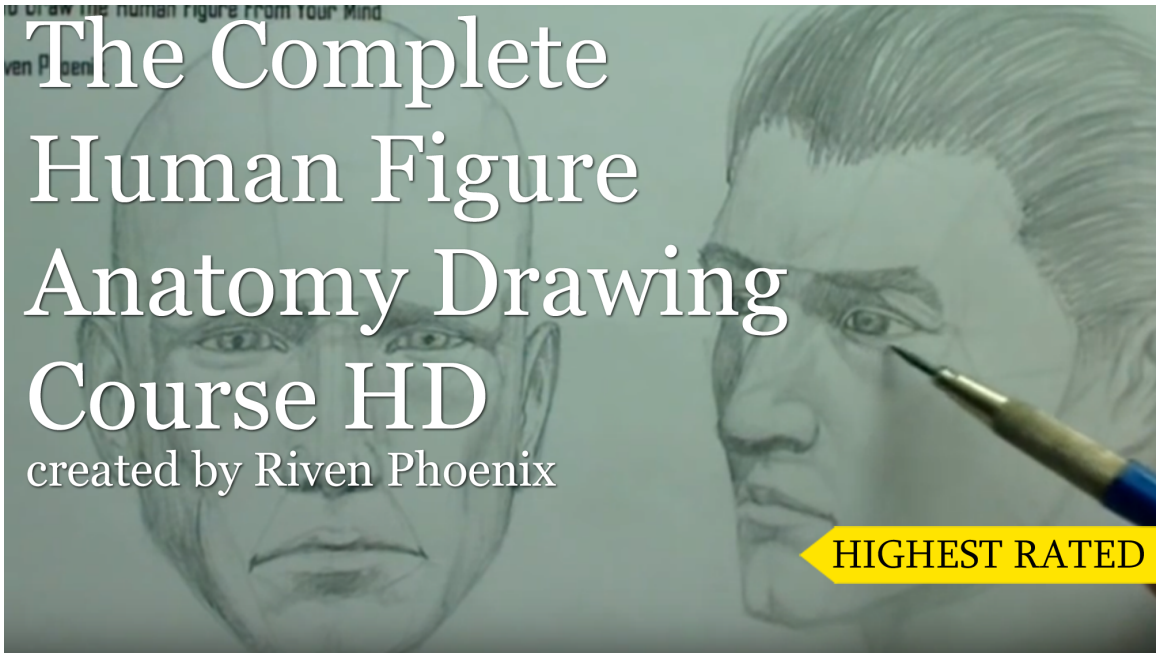

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 138 - Conclusion of Muscles of The Torso

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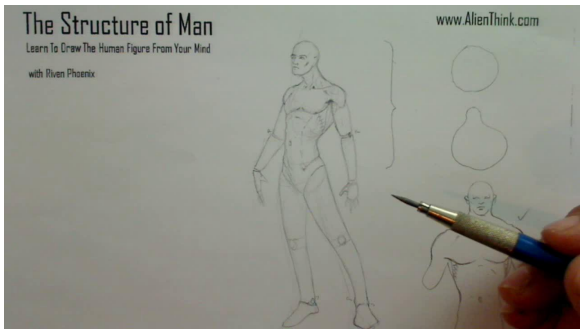
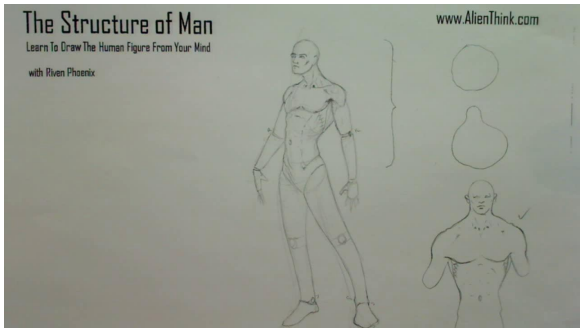
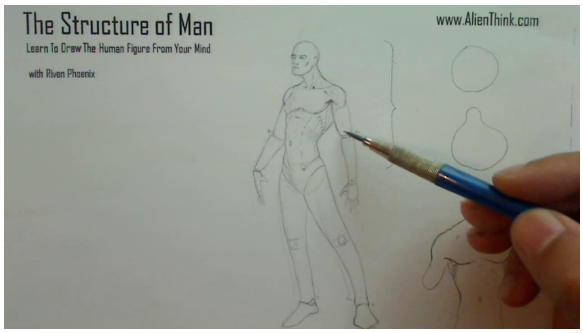
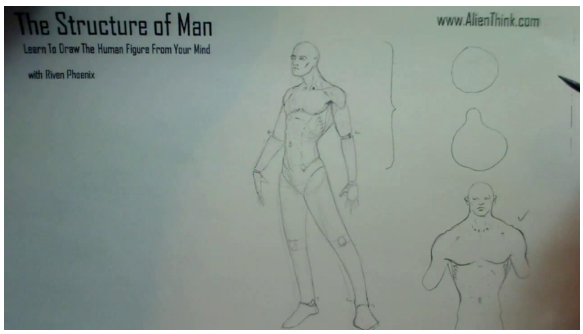
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so now we're going to start to move into the section of understanding the upper arm and the forearm.
3		And here what's going to happen is that you're going to be able to draw out the arms very rapidly using a very simple system of thinking about what's going on and you'll see that it's really not that difficult to understand this area.
4		So to do this, what we have to do is actually create a template drawings here. So here I'm actually going to draw this a little bit big here.

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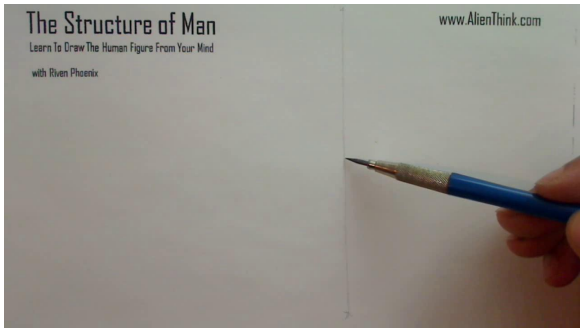
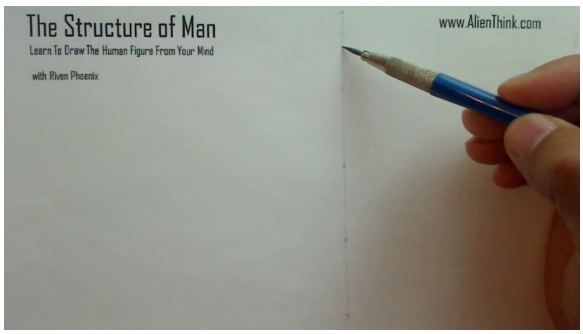
5		So I want the arm to show up as much as we can and here we're just going to say that okay, over here is going to be the area for the crotch and this is just going to be the top of the head.
6		So here we're just going to make sure that we're getting this right because since we're doing the drawing a little more bigger, right, we're just going to measure out things a little more accurately.
7		Okay, so here I'm just going to get that division over here. I'm going to get the navel. So what we're going to do is we're going to draw out the the basic structure of the skeleton.
8		The way we've been doing it, but draw the front and side together and this will give us a good opportunity to also compare all the muscles together at once.

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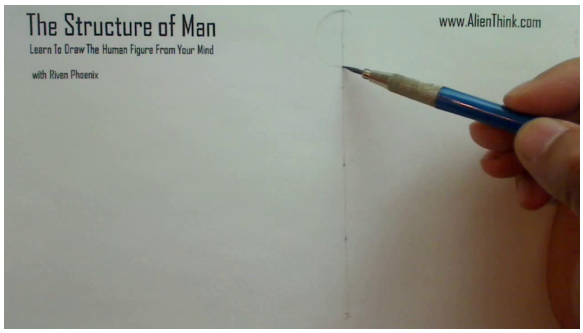
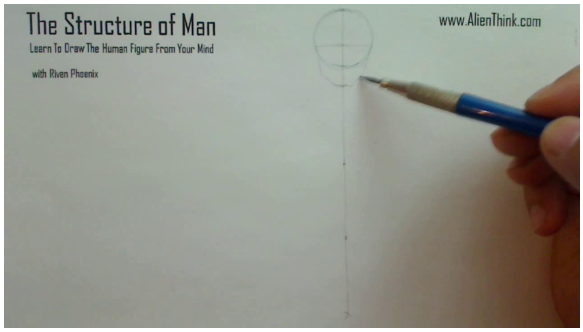
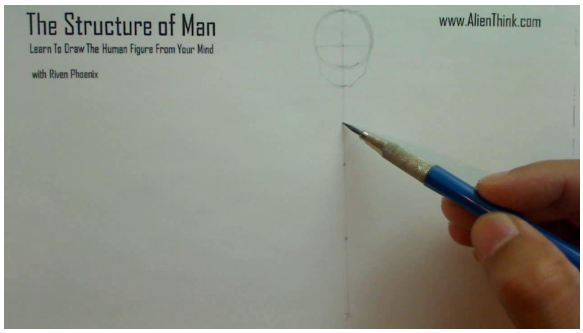
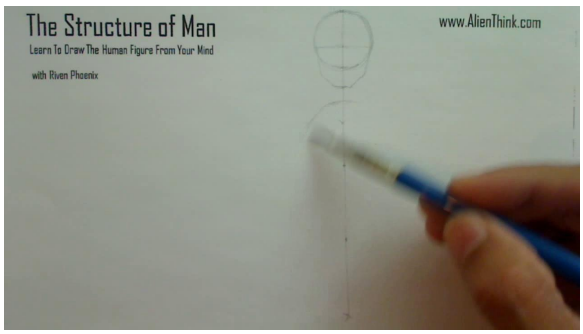
9		Right, so here I'm just going to draw out simply the head first over here and here we'll just draw out the jaw, seeing that that's what it's going to look like.
10		And then we can correct all these ideas later. Right, so here the the I'm just doing more of a circular idea over here. So this is going to be a very proportioned figure that we're doing.
11		And here we know that right, if we're going to get the clavicle over here and over here, I'm going to get the chest cavity.
12		So basically it's just going to be half of this over here. Right, so we're just measuring out more here because we really want to do a nice clean drawing of this concept over here of the forearm.

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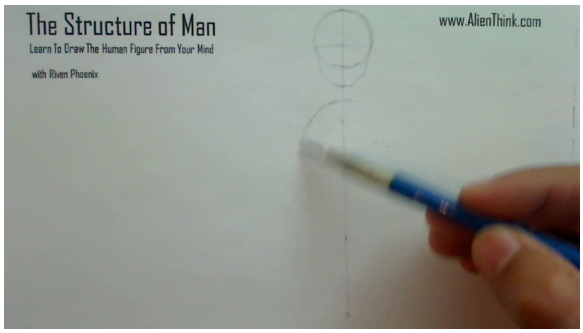
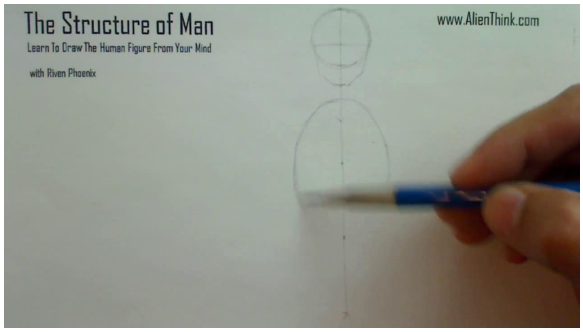
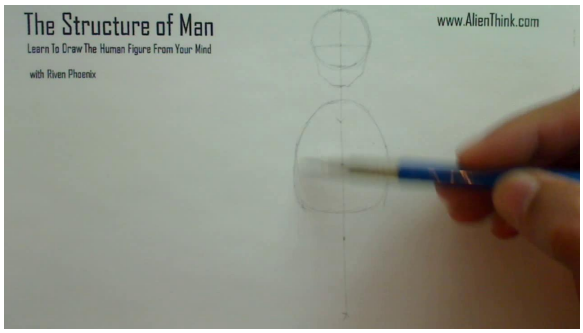
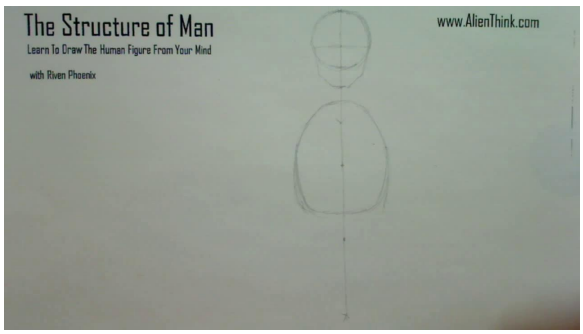
13		So we need a lot of deep. We're going to go into a lot of detail. So when you're drawing this out, draw this out as clean as possible.
14		Right, so over here we can just see that this is going to be a three-fourths view over here. Right, we're just going to close it up just like that. It's very simple concept.
15		Right, so here we can actually make it more of an egg shape here. It doesn't really matter.
16		So I'm just going to fix that up a little bit.

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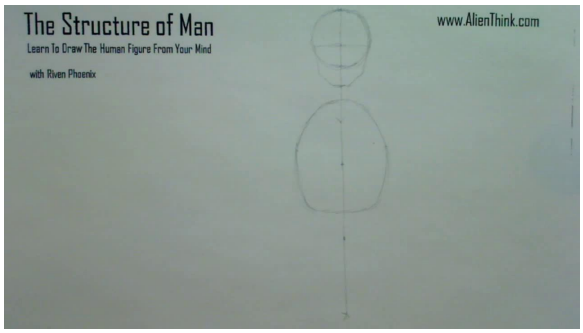
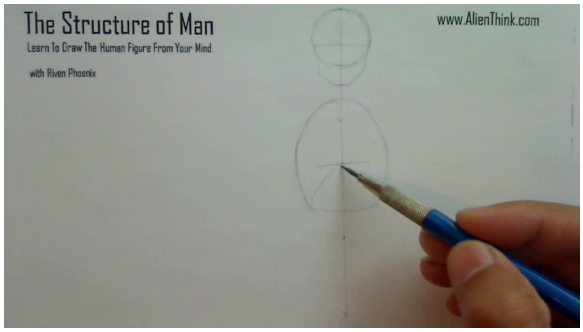
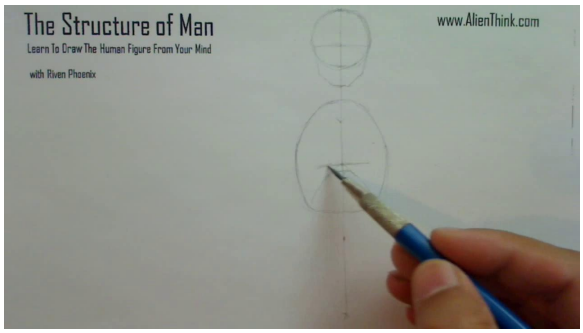
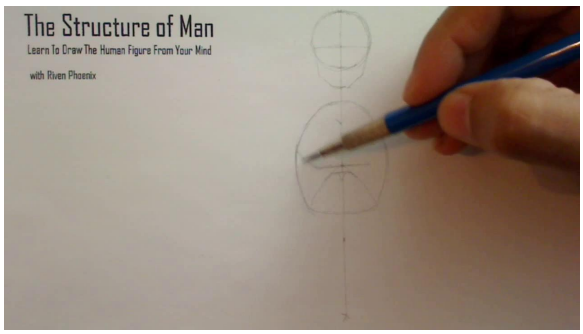
17		Okay, so once we have this down here, we're just going to make these marks here again. Now we said that, right, really the division of the chest, the peck muscles is going to be here.
18		So we're just going to bring this down up a little down. We're just going to say that we understand that over here is going to be really the sterum. Right, so that's an idea we talked about.
19		Right, so we already know how this is going to be over here. Right, so you're going to get really this is the fifth bone that's going to be connecting to.
20		So we're going to get really the sixth, seven, eight, nine, ten. Right, and we can do the same thing over on this end.

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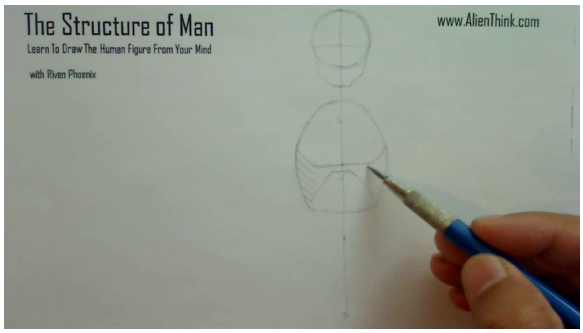
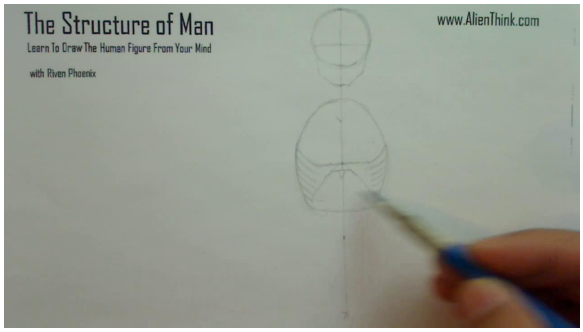
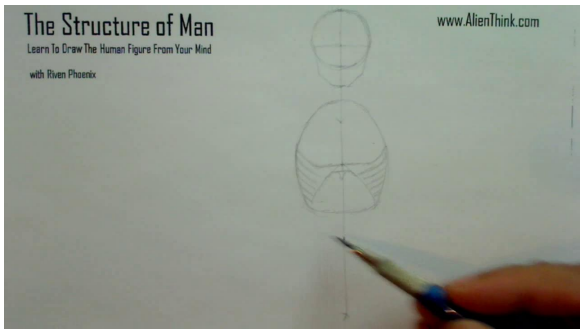
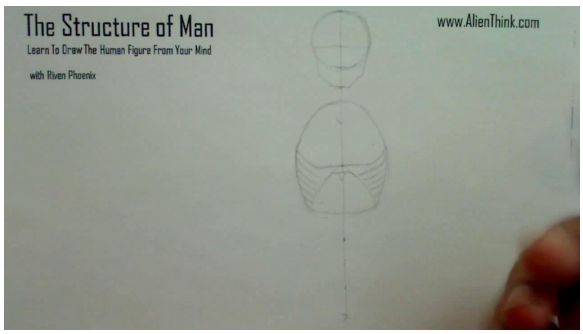
21		Just do the same thing. Just say this is going to be the sixth, seven, eight, nine, ten. Right, it's just assumed that that's what it's going to be.
22		Right, and you can just mark them out like this very simply. Right, so this is a quick system. We came up with knowing that we're going to get this pretty approximately correct.
23		And here we also have to draw out the pelvis. Right, so I'm just going to mark these out. I'm just going to measure all this twice.
24		Because the key to this drawing is really getting everything as proximate as possible. Right, because we're going to use the mannequin system to really see something wonderful happen in understanding the four arms.

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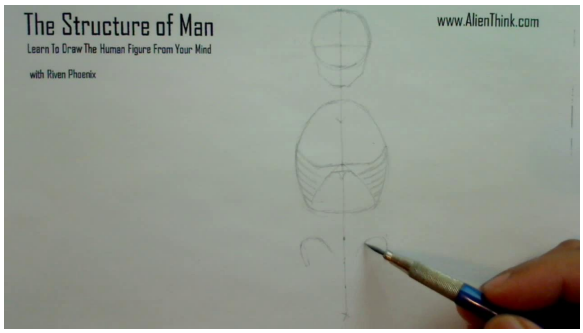
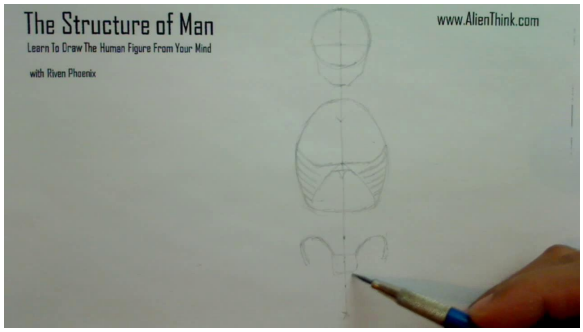
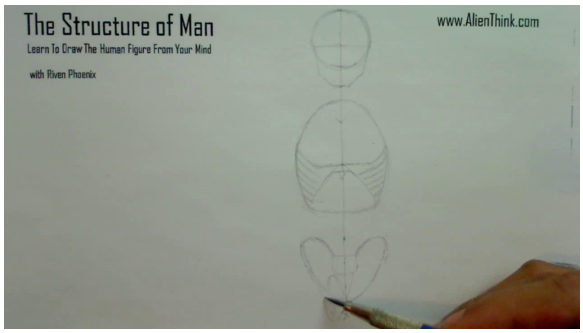
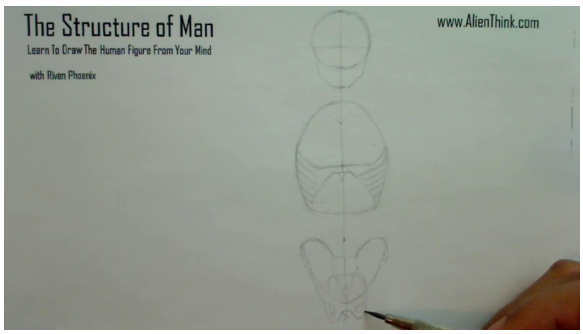
25		The arms and the forearms. Okay, so we know that right. This is just going to curve like this. I'm just going to first conceptually get like the idea for the drawing over here.
26		First, and then we know they're right over here, we're just going to simply get variations of the pelvis. Right, so this is going to be really just going this way over here.
27		Okay, and then over here, I'm going to get actually over here, I'm going to get the back, the back view over here. Right, so we actually wanted to do the back view over here.
28		Right, so we literally changed the idea here to be different. Right, so we want to do half of this as a back view.

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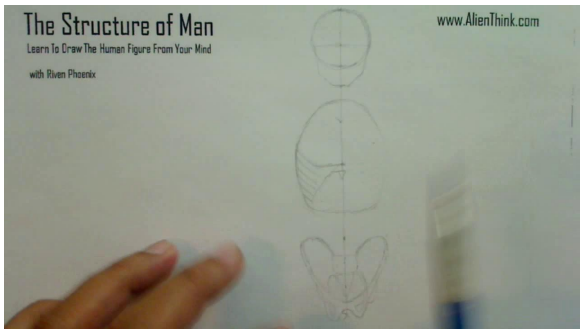
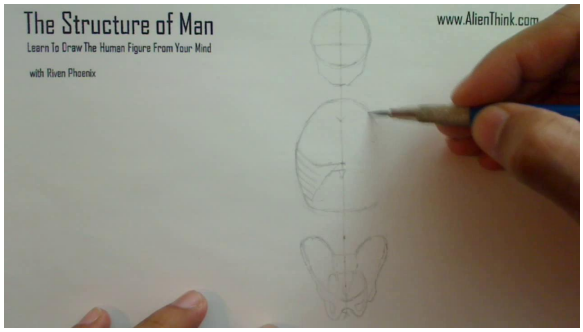
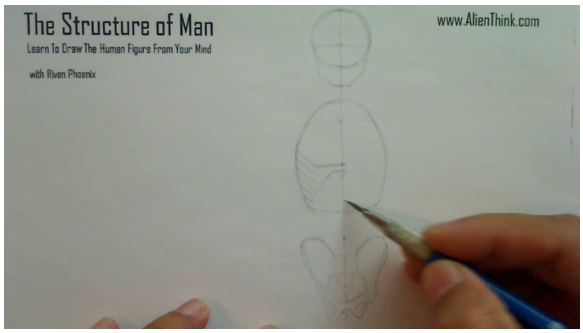
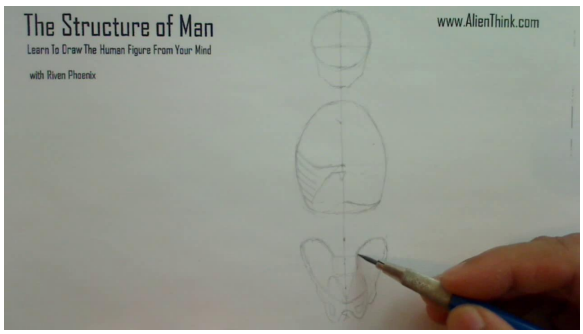
29		So over here, I'm going to just modify these lines a bit and just say that, right, we understand that this is the back view. Right, that's what we really want.
30		If we have to, we really want to compare all the muscles when we put everything together to see what's going on. Right, so you know that over here that you're going to get like the 12th bone.
31		So you can might as well just do it like this saying that, okay, the 12th bone is going to be here. Right, so this means that the trapezius muscle is going to be a little up from here.
32		Okay, so here I'm going to get this idea like this. Right, I'm going to get this over here. Okay, so here you're just going to clean up what we have so far.

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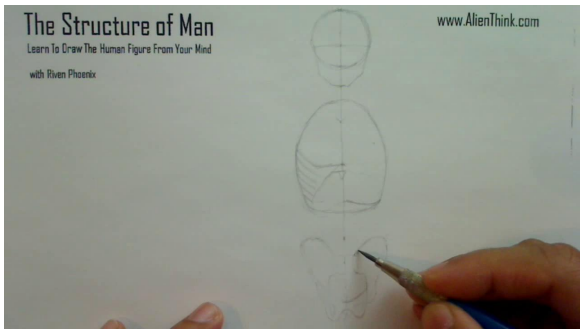
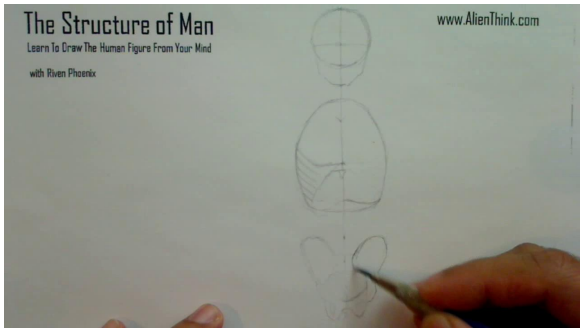
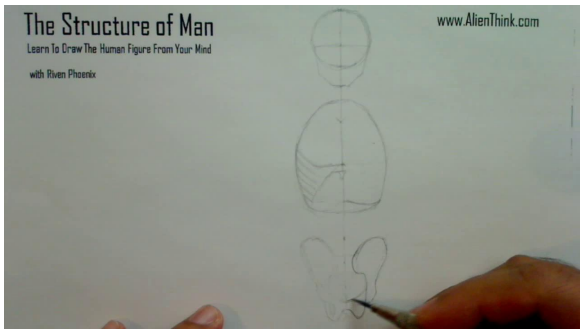
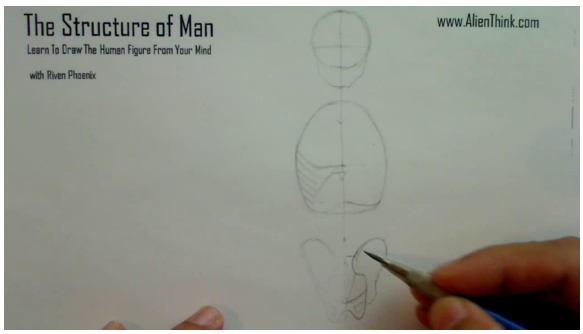
33		Right, so this area here really is going away from us like this.
34		And then this is just going to go like this and we're seeing that right is just going to come up.
35		This way over here and this is just going to go down this way. Right, so this area here really is going the opposite direction. Right, so we're going to get one, two, three.
36		Right, so this is the sacrum. Right, so here this is it's good to do this kind of drawing to really just compare both sides to see the difference in thinking.

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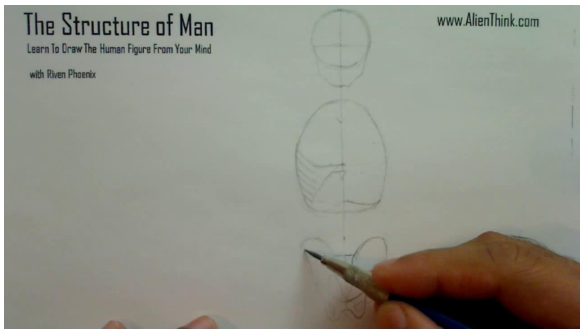
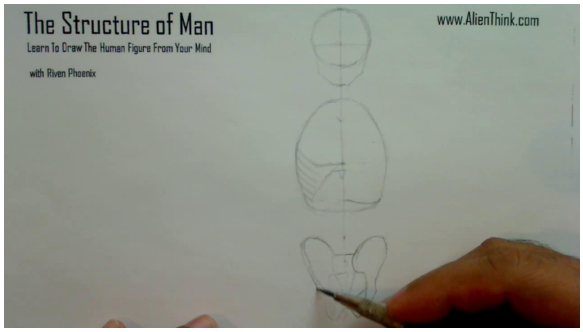
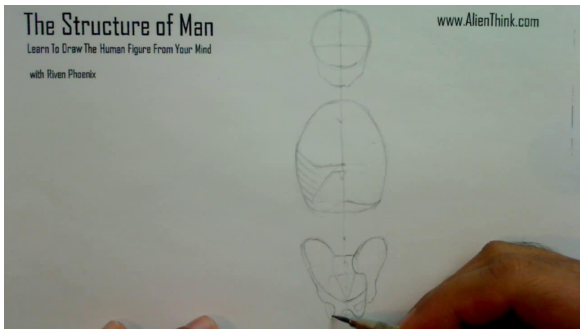
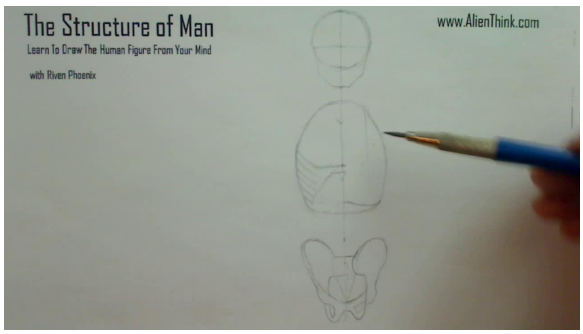
37		Right, it'll just help your mind understand the figure much more better. So here I'm just going to do this a little more open like this.
38		Just going to get this over here.
39		Like that's right, so it's just splitting half. Okay, so now for the the the clavicle here we can just do it like this.
40		Seeing that look, I'm going to put the clavicle sorry the the scapula. I'm going to put it in like this over here like so.

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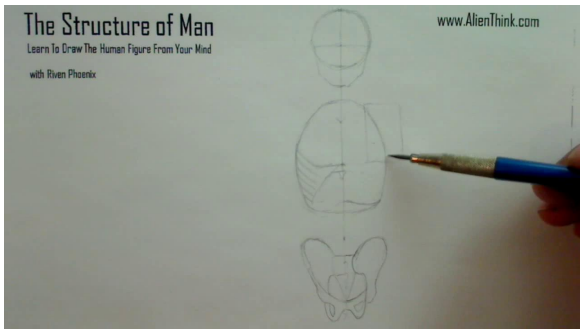
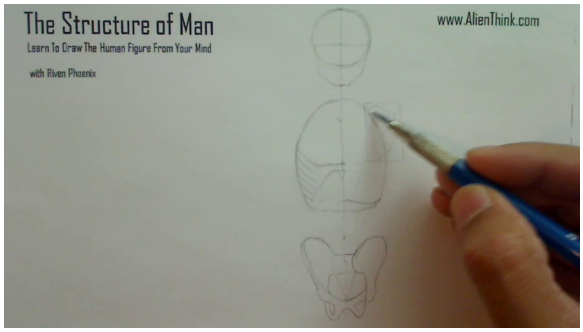
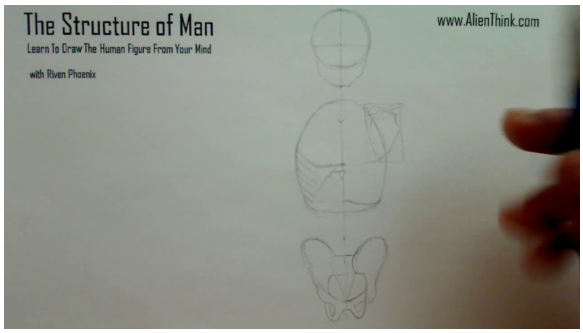
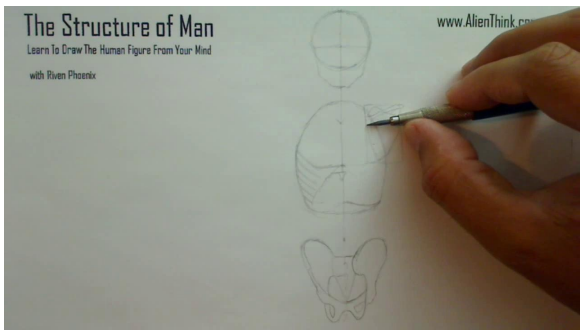
41		Okay, so just see where this box is how we did this. Right, so want this to be nice and neat. It's possible. Right, and here we're just going to draw it out over here like this knowing that that's how this is supposed to be again. This is the back view.
42		Right, so here I'm just going to make it come out like this over here. Right, so this will just make everything look much more better when we draw it out.
43		Okay, so the same thing here I'm just going to actually just paste them out equally because this is not going to be from the front.
44		And here I'm just going to measure knowing that right. This is where the box will be is going to be for the other guy over here.

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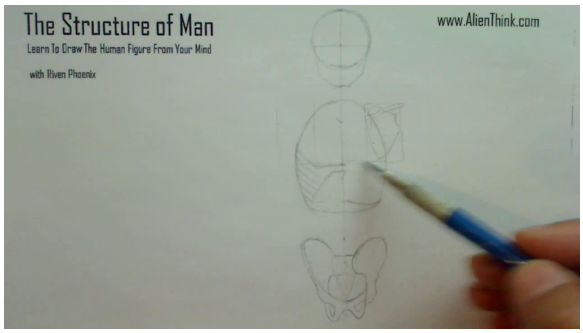
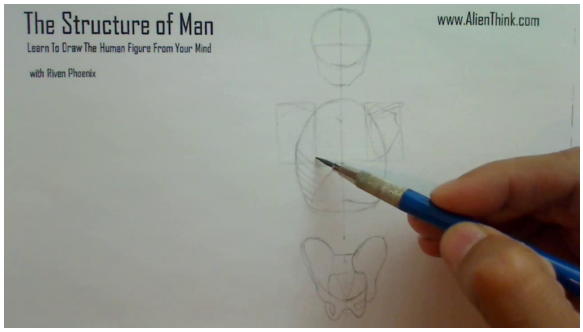
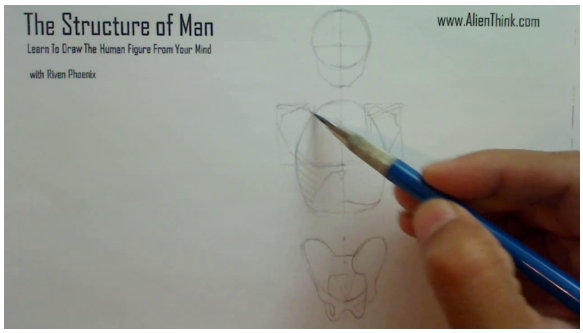
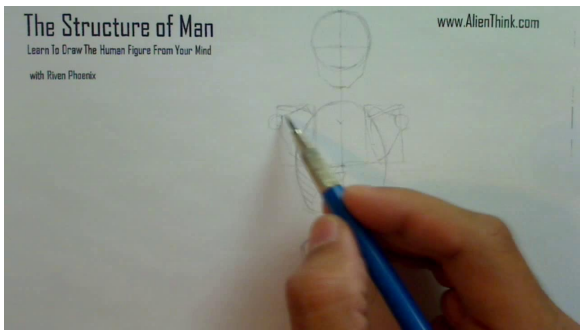
45		Right, and over here we'll just get the.
46		Just going to pull it in just a little bit over here and this is really going to be from the front and we'll just get it like this.
47		Okay, so this is a much more bigger drawing here that we're doing so it's going to be much more detailed in how we do this. Right, so here we're going to get the ball joint over here in the ball joint.
48		So for the here we know that this is right just the opening of this over here and we're going to get the the the the clavicle to be just like this. Right, it's really just coming more towards us in this way.

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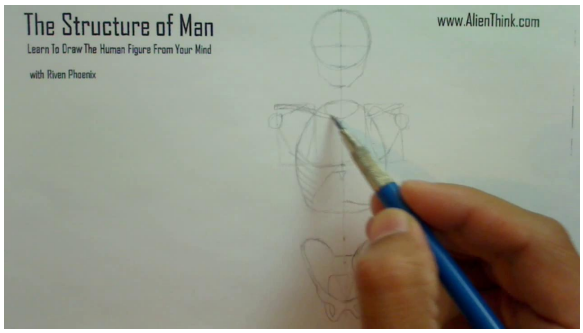
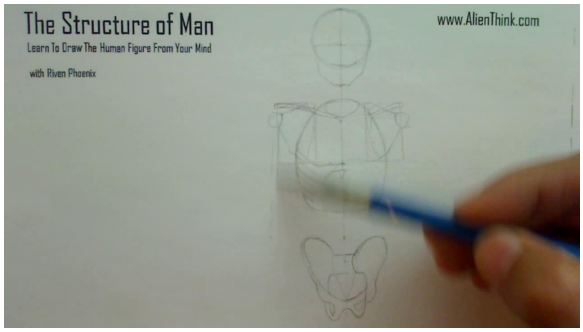
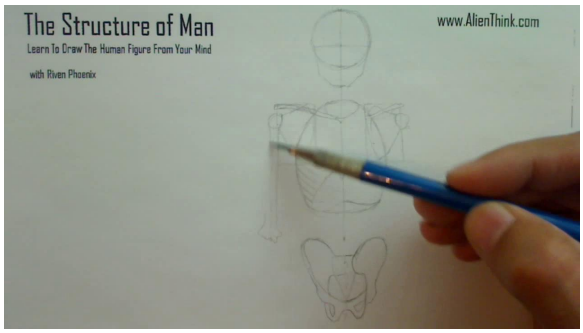
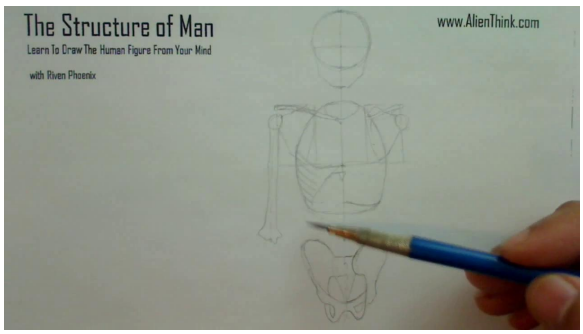
49		Right, okay, so now the thing is that here we're going to now learn some something about the humorous bone. Right, so here if I draw out the humorous bone like this, right.
50		So let's actually first understand how we're going to do this over here. So notice where this is. It's really just going to be like this over here.
51		And here I'm going to get like this nudge and here I'm going to draw it out like this, right.
52		So now you have to understand, okay, well, wow, the humorous bone is really this big. How big is really is the all-lander radius? Well, it's really just over here where it's pencil is and where my thumb is.

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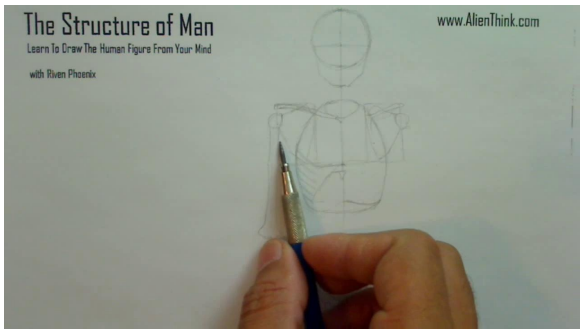
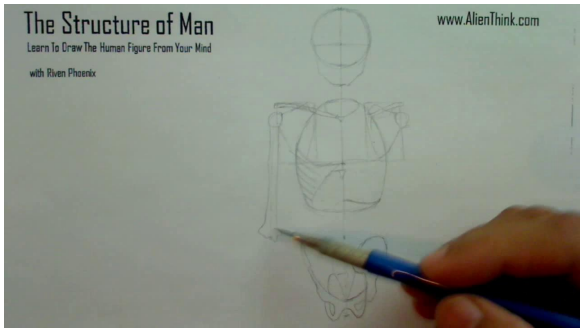
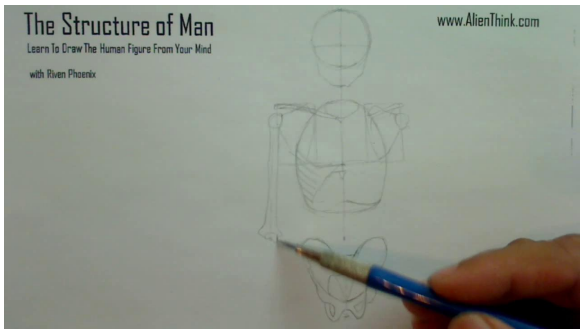
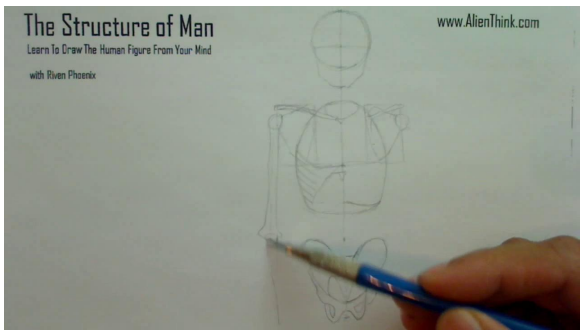
53		It's going to be just about this big. So meaning that if you measure this, it comes around pretty much exactly with the approximation of this is here.
54		So you can go a little down if you want to, but really it's just going to be the hand and the wrist that makes it look longer.
55		Right, so here when I draw it out here, I'm just going to draw it out over here and come just a little bit down.
56		But this just goes to show you that the forearm is more shorter, right.

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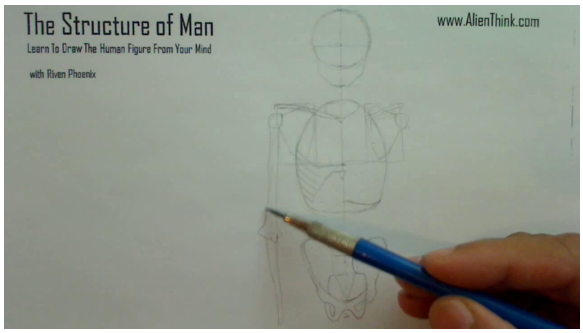
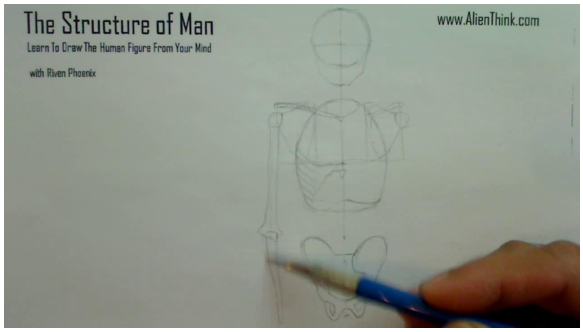
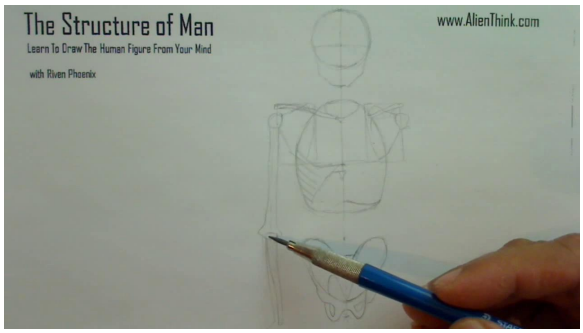
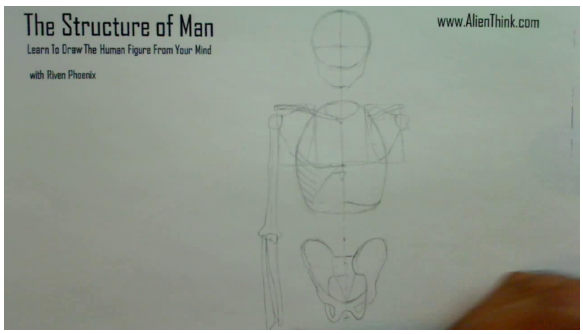
57		But it's because of the weight muscles are going to be it looks basically the same size.
58		But so here we're going to now draw out the radius and you should be able to see this part here.
59		But we'll just draw it out like this over here and put the radius just like this.
60		And then of course you'll get the hand below.

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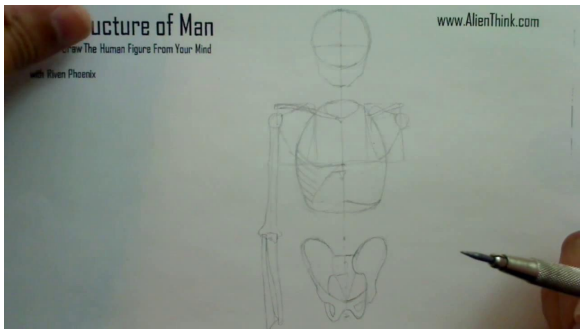
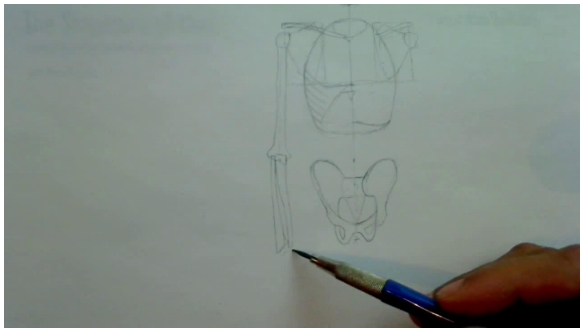
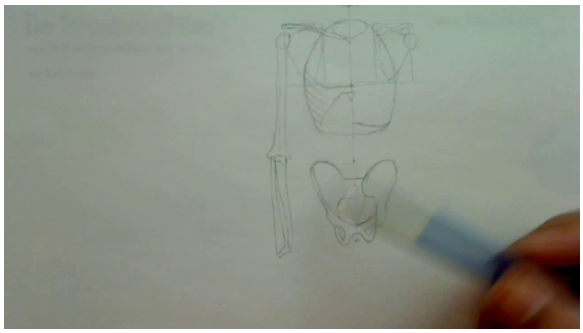
61		So for the hand, I'm actually going to draw that out much more simply like this.
62		We just want to understand the muscle system. So now the question is how big the hand is.
63		We already figured that out with the head, but really if you think about it, if you take the head size over here,
64		a little bit shorter than the head size like this.

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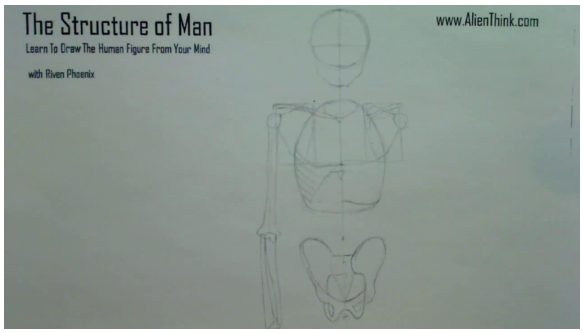
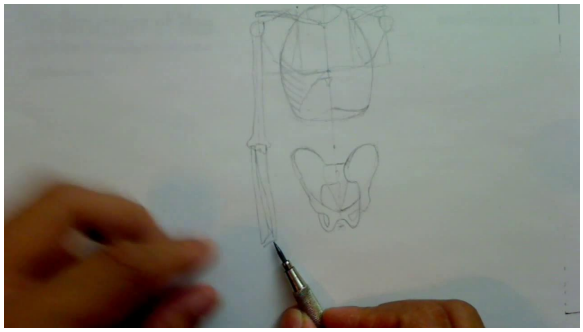
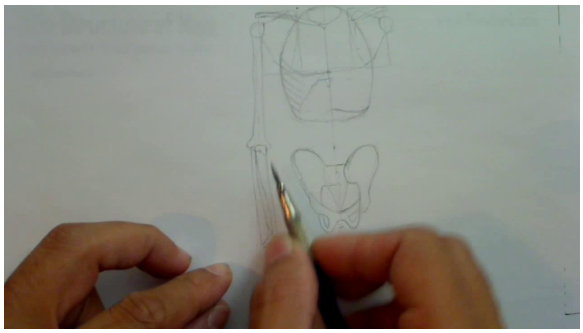
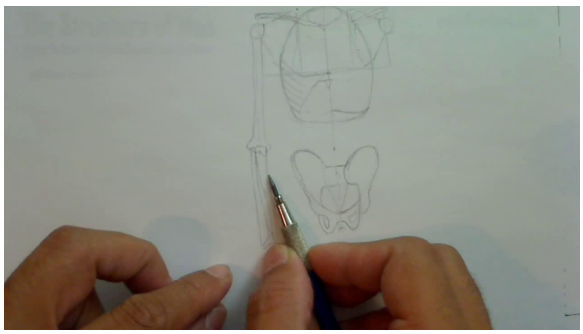
65		So you know that the hand is going to be this big over here like this.
66		So the hand is going to come just about here.
67		But look, you can just also see from the ulna that weird comes.
68		You can just do a ratio that it's going to be about this big.

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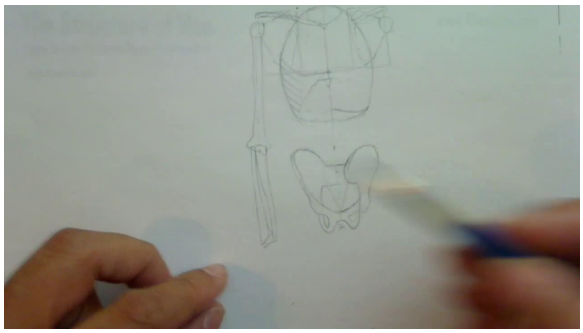
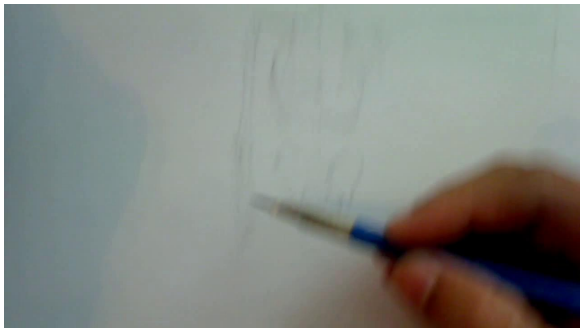
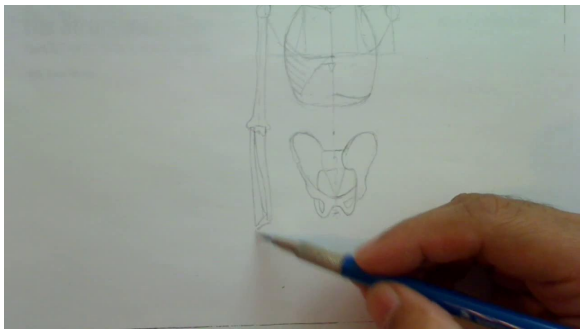
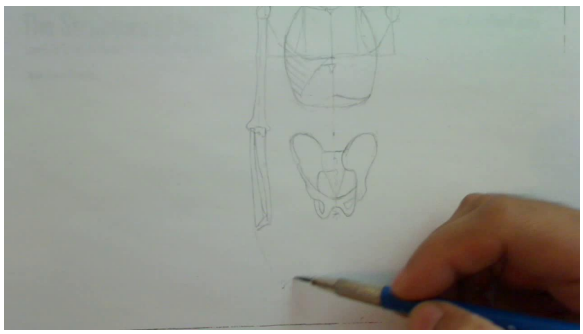
69		So you don't have to measure it from the head. You can just compare it that way.
70		So when we draw at the hand, we're going to do it this way.
71		We'll just keep it simple.
72		Just draw out a very simple red tangle over here.

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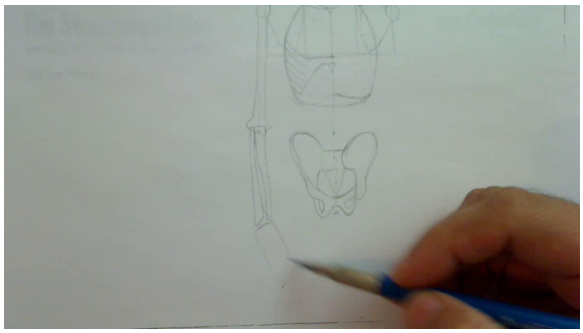
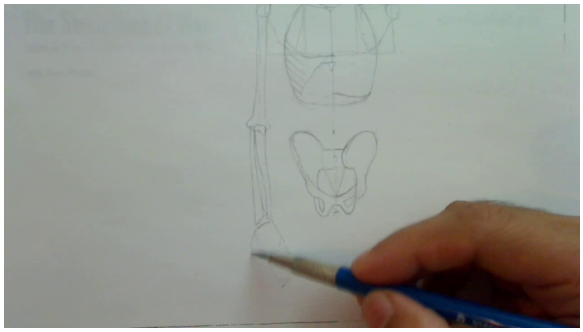
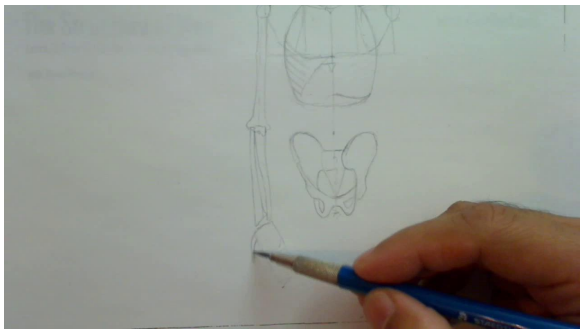
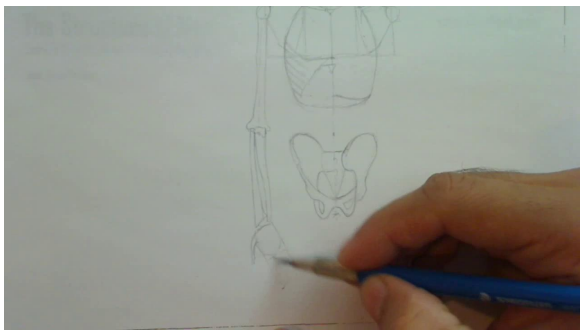
73		You already know how to do this. Just divide it in half and you basically figured out the whole thing.
74		And you know that the thumb bones are going to be just like this.
75		So here we're going to keep the hand very simple.
76		And when we draw out, we can just simply just draw out the fingers like this.

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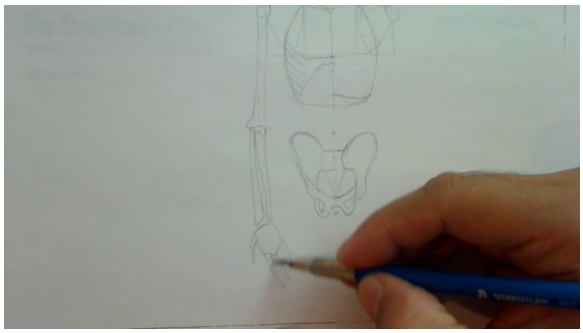
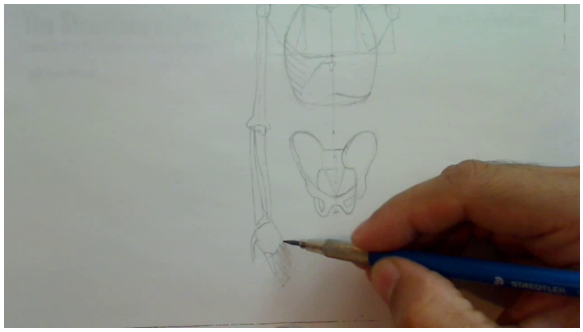
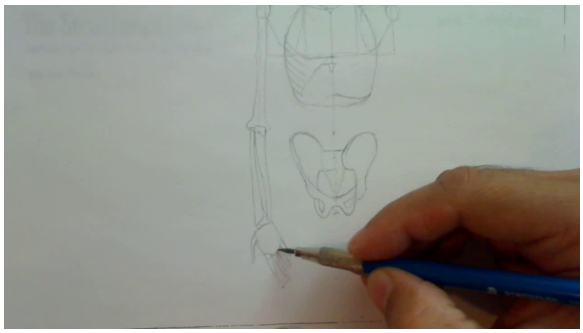
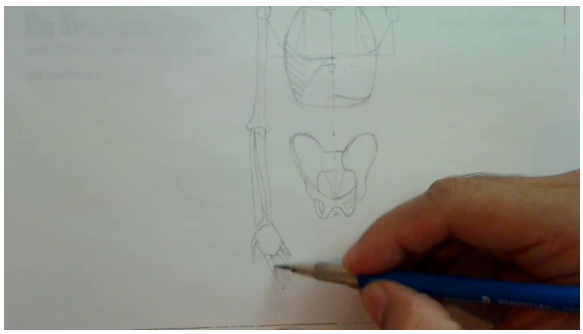
77		You already know that the ring finger over here is going to be a little bigger than the other one.
78		And then you're just going to get the small finger.
79		Just keep it simple over here.
80		And we can fix that up later over here.

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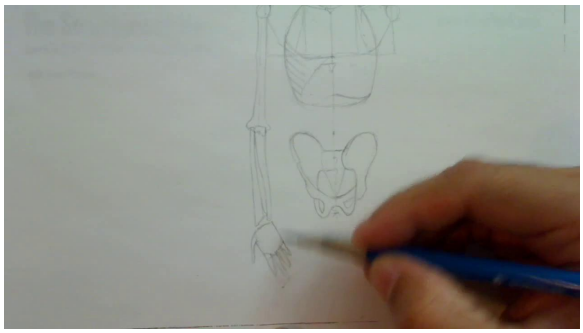
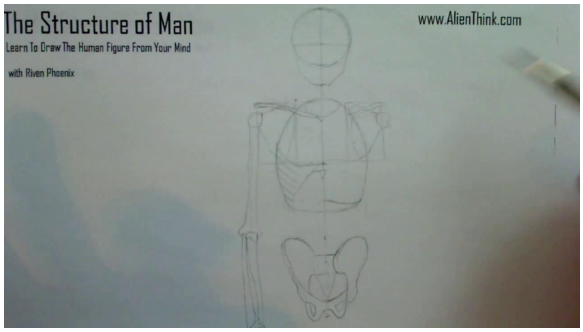
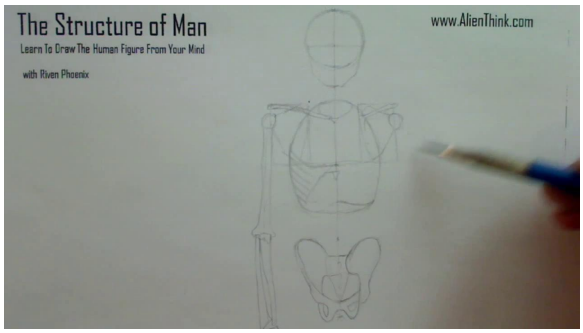
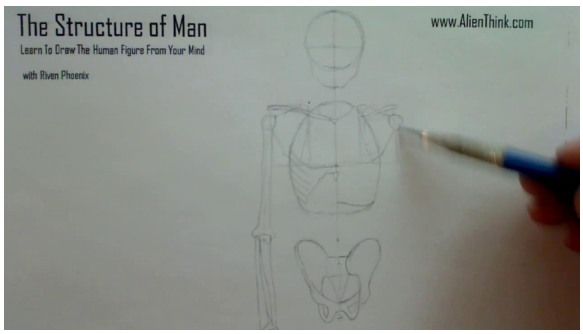
81		Very simple concept.
82		So now what we're going to do is draw out the other side of this.
83		And this is basically going to be the same thing.
84		But we'll do it. We'll do it actually a little bit over.

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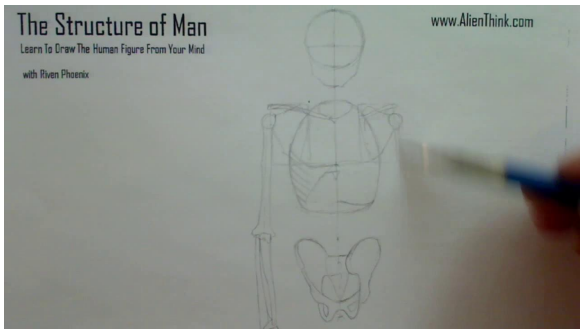
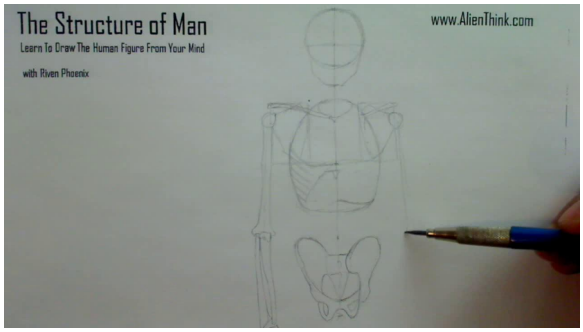
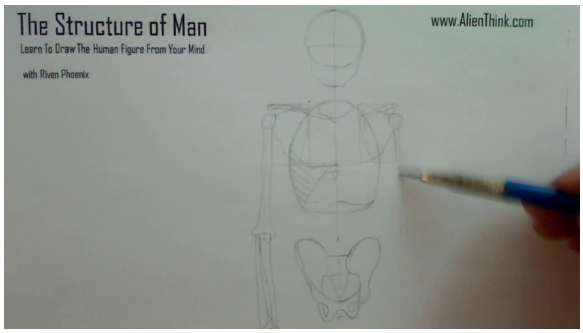
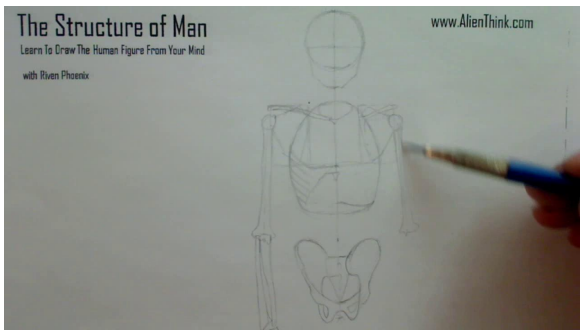
85		Well, actually, we'll just draw it the same way that we've been doing it over here.
86		Right? So here I'm just going to get...
87		I'm just going to conceptually sketch this out again over here.
88		Knowing that, okay, well, the size is just going to be like this.

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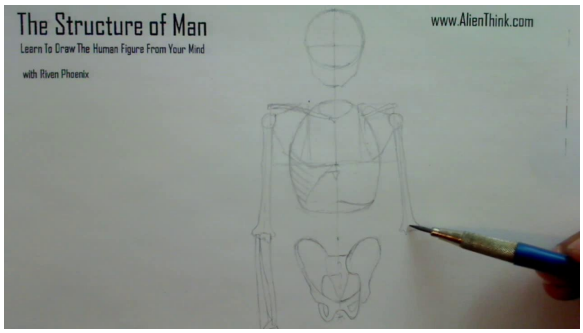
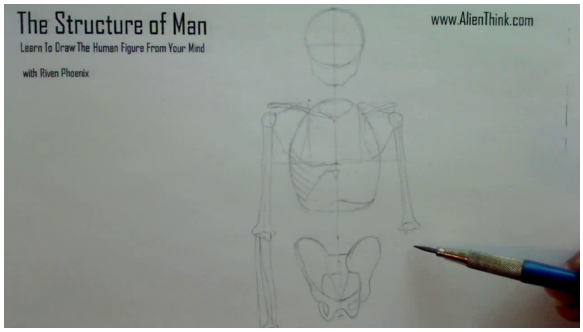
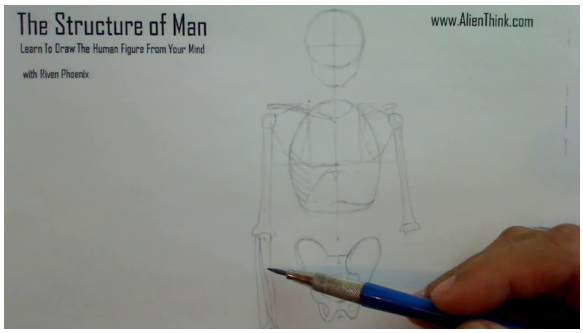
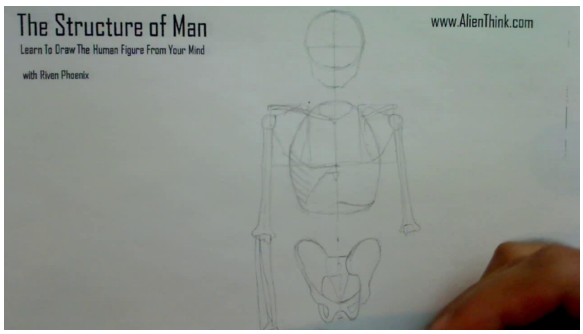
89		Then I'm going to get the elbow over here.
90		Right? So the thing to understand again about the drawing out,
91		the elbow is just to know that this curve really happens towards the inner body.
92		Right? Obviously the hand can twist in turn.

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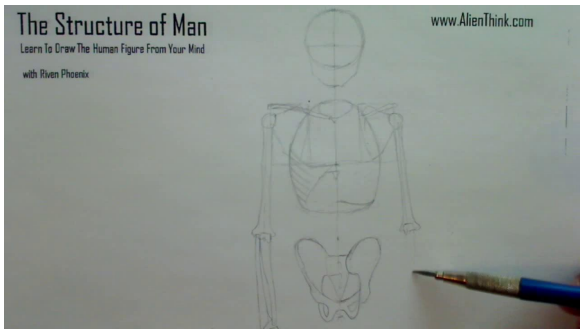
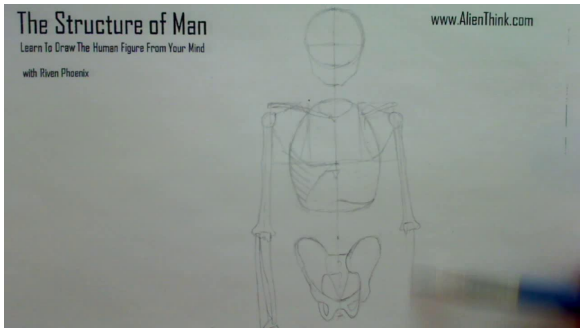
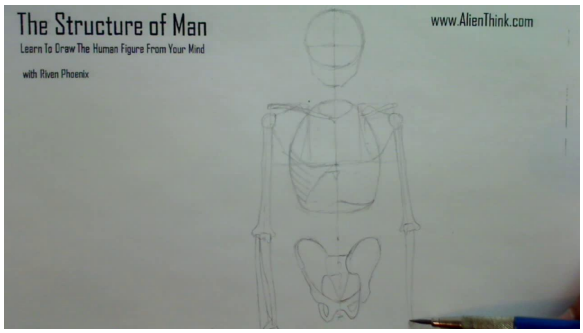
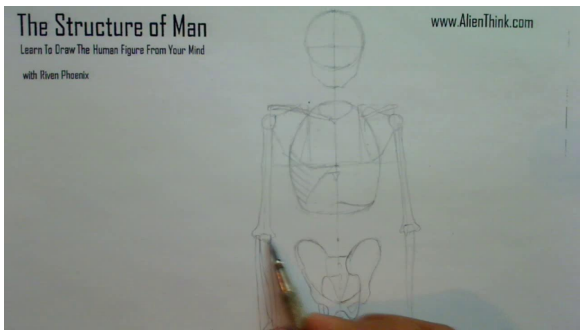
93		So here I'm just going to simply do the same thing.
94		Just actually make it like this over here.
95		Right? So here we can just measure this out, make sure that...
96		You know, if you want to get kind of like about the same size over here.

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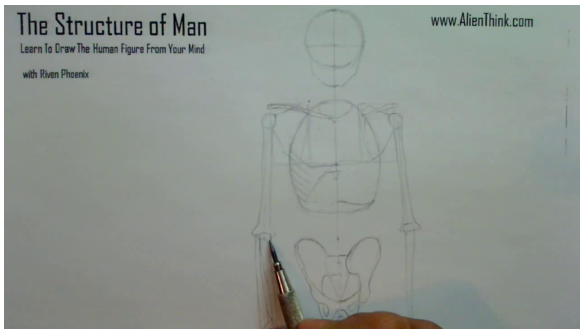
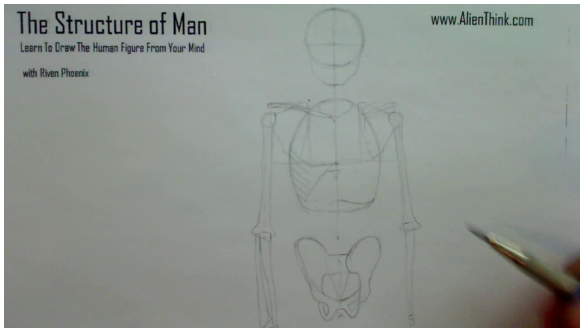
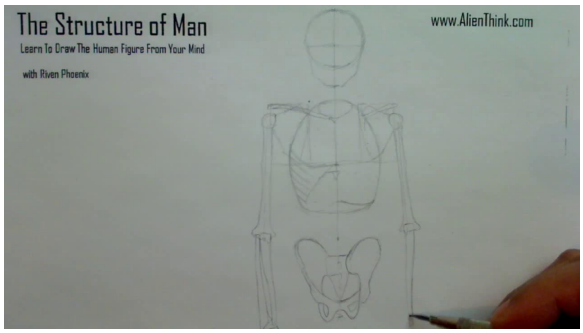
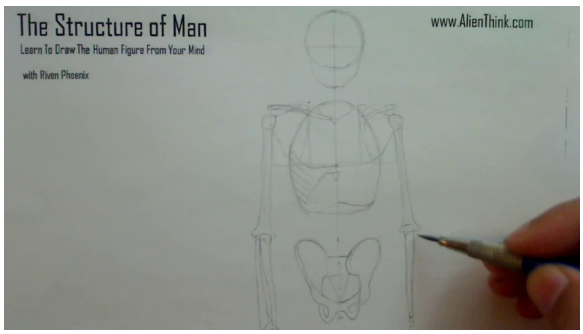
97		And it's going to be about here.
98		Okay? So I'm going to cut that off over here.
99		Right? The more accurate we are, the better the drawing is going to look.
100		Okay? So here.

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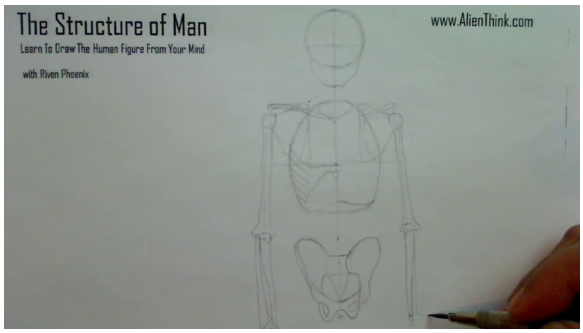
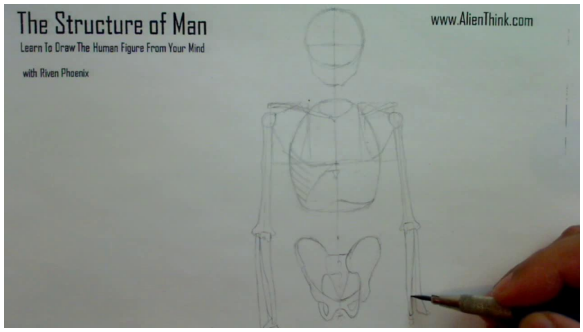
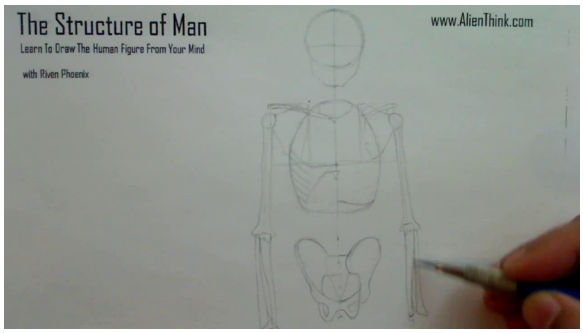
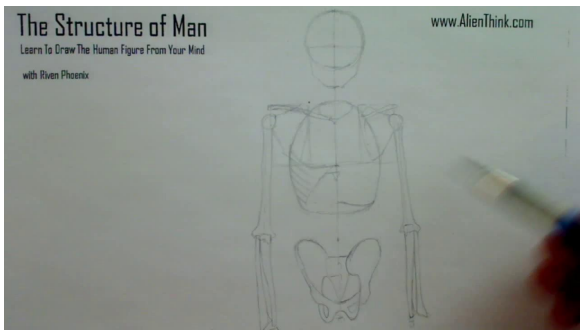
101		Right? And then when we use the mannequin system to draw out everything
102		is just going to make sense to us.
103		So how this is going to work.
104		Okay, so we've got this whole thing done.

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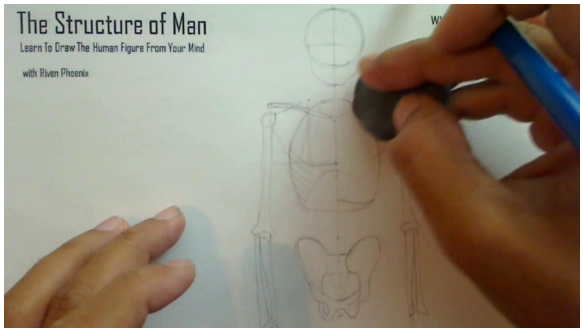
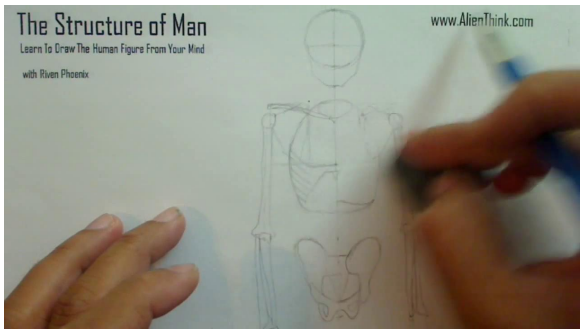
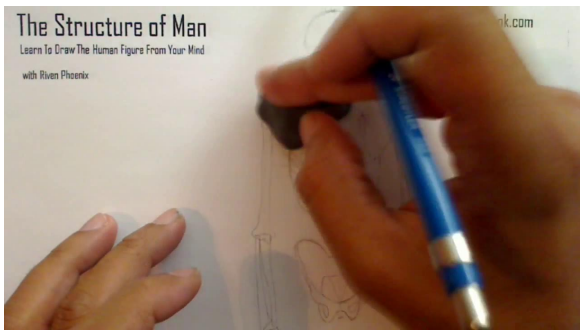
105		So here we just need to erase these lines here.
106		Right? I'm just going to clean up this area here.
107		And then also while I'm adding it, I'll just erase a little bit of the head too.
108		And erase some of this stuff here.

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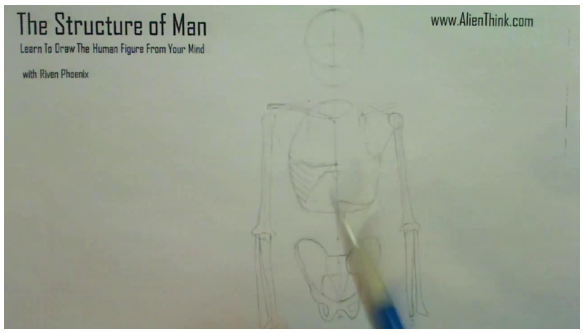
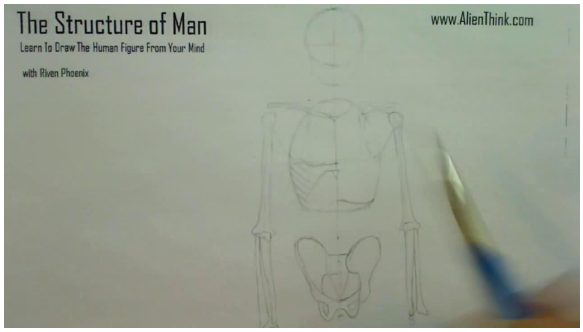
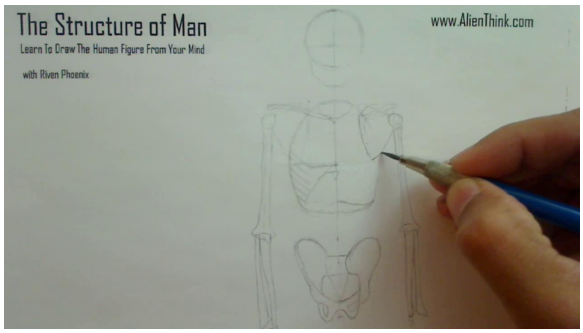
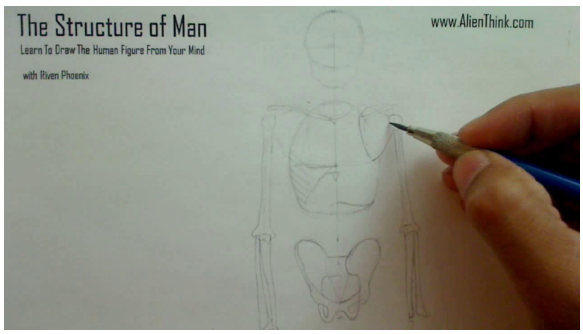
109		And just clean up these ideas now.
110		Right? So here I'm just going to get the scapula over here.
111		I'm going to get it like this.
112		And this is really the back view of it.

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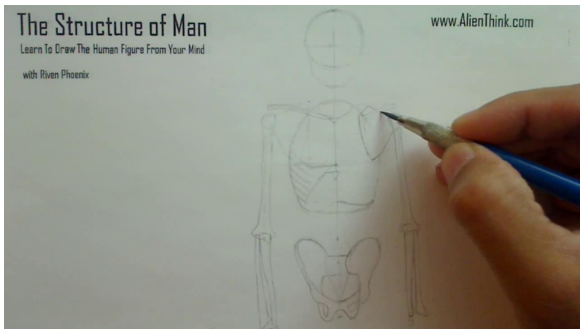
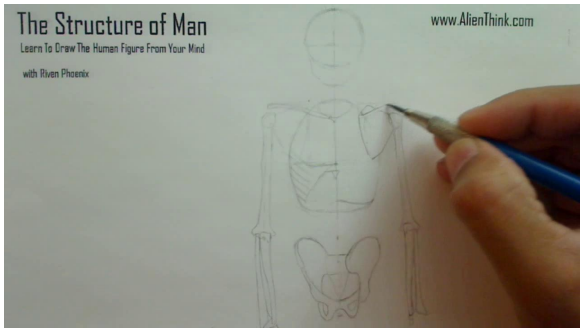
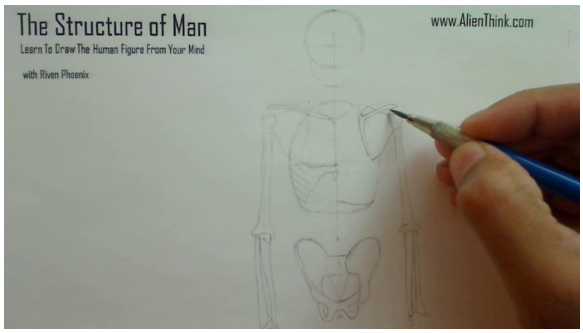
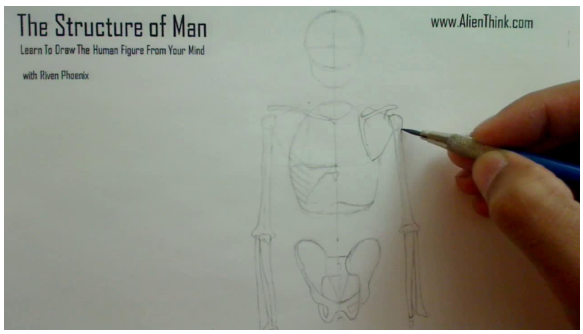
113		And just draw it out simply.
114		Just draw like your own version of it a little bit.
115		Right? Put some simple ideas in it.
116		And here we're just going to simply put this line over here.

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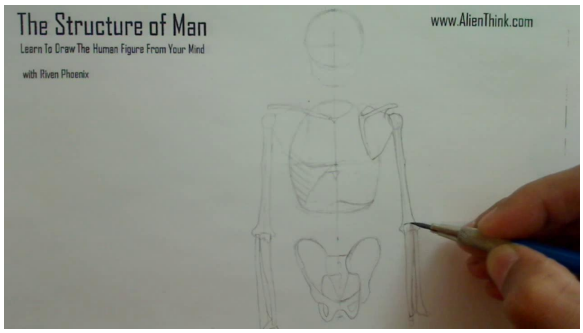
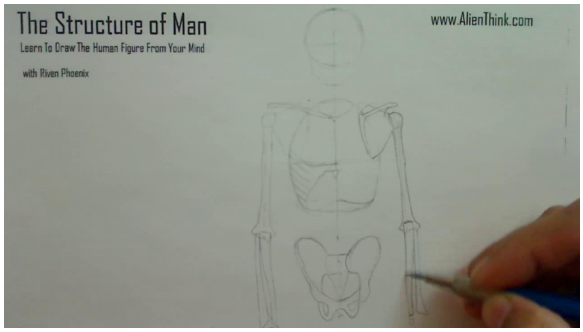
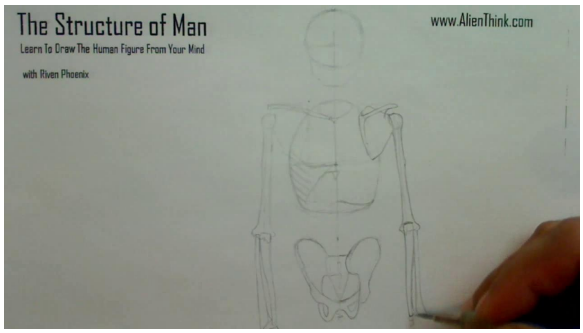
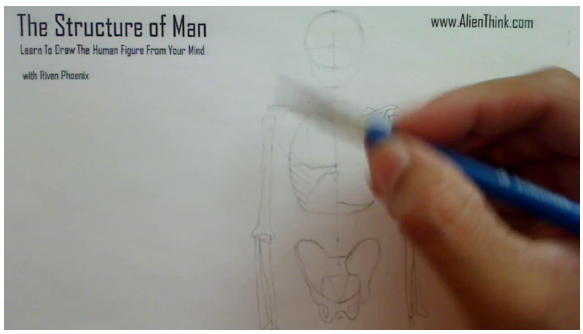
117		And this is now going to be the area for the elbow over here.
118		We're going to put this down here.
119		Yes.
120		Okay. And then over here we're going to come in and draw it this way over here.

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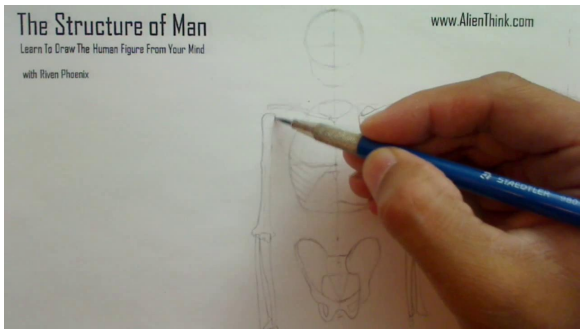
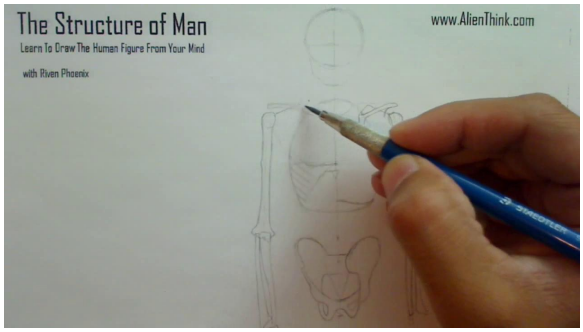
121		And then simply draw it like this.
122		Okay. So this is really the front over here.
123		So I'm going to nudge it out a little bit over here and just say that,
124		okay, we understand this is where the whole system is going.

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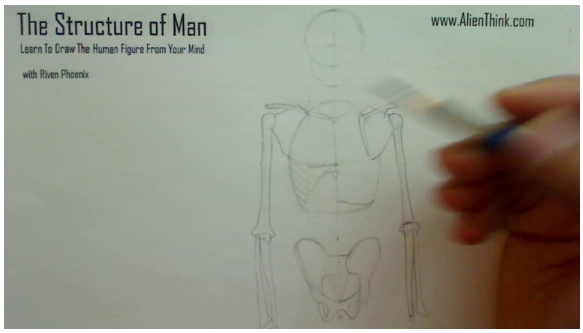
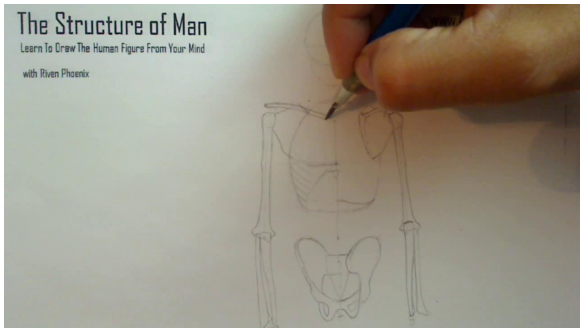
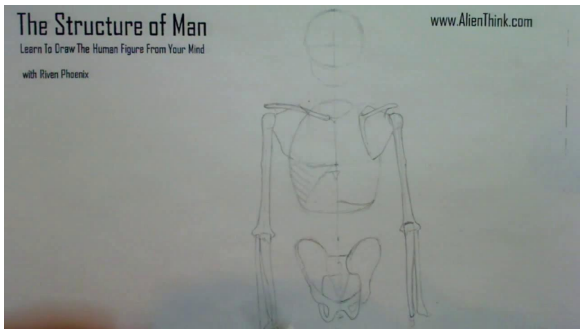
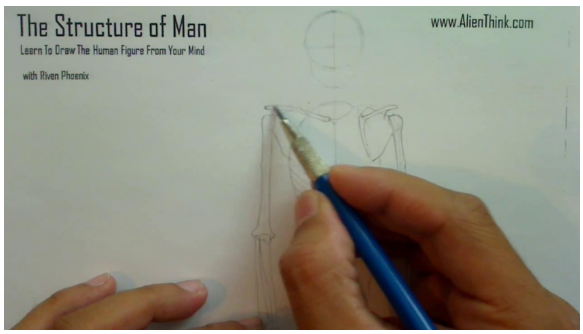
125		And then here I'll just simply draw out the clavicle a little bit.
126		And it's going to end over here.
127		Right? So you can now start to see how this drawing is going to allow us to see a comparison.
128		Where?

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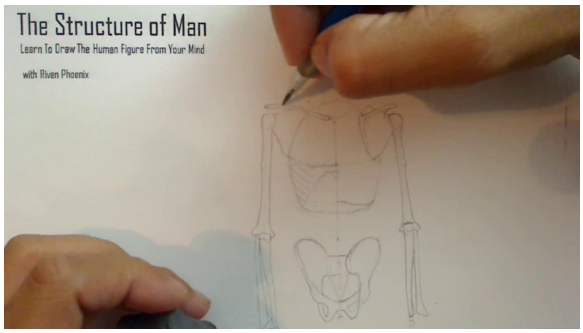
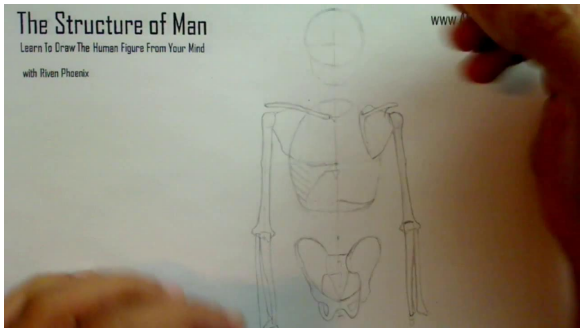
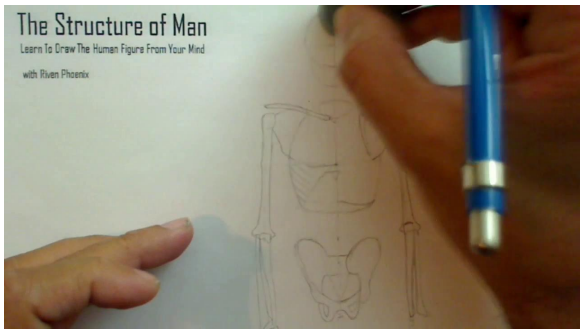
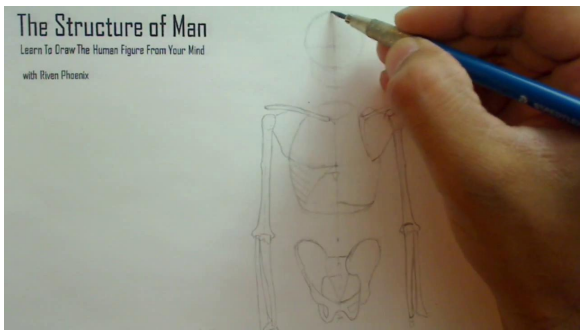
129		A comparison between both sides.
130		Okay. So for the front of the face, here we can now see the comparison also in this.
131		So how this is all coming together.
132		So here I'm just going to draw out the head over here.

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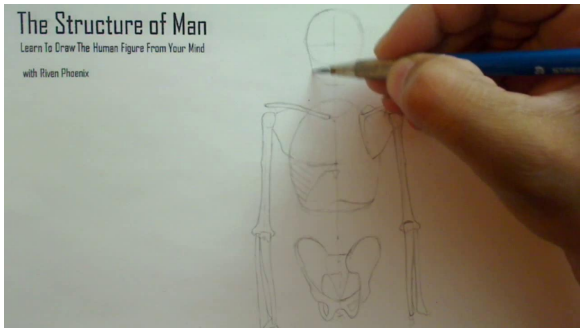
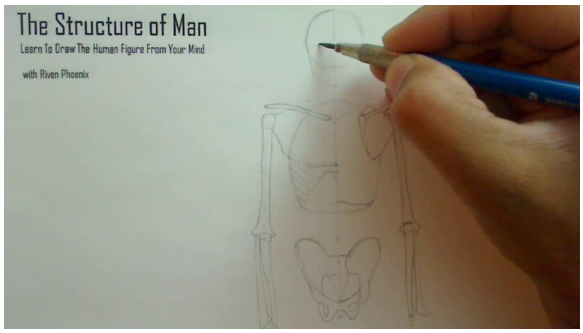
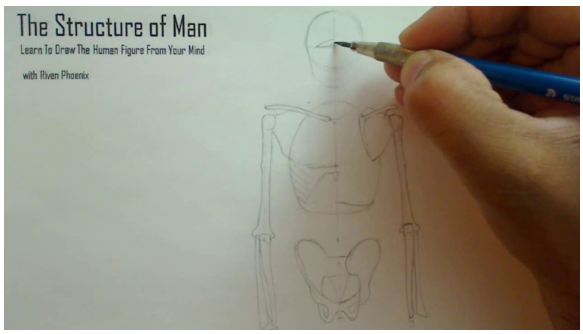
133		Simply put.
134		Right? So we already know that, okay, well, if I want to, I'm going to do the eyes this big.
135		I'm going to get my template system really this way.
136		We're going to get the nose like this over here.

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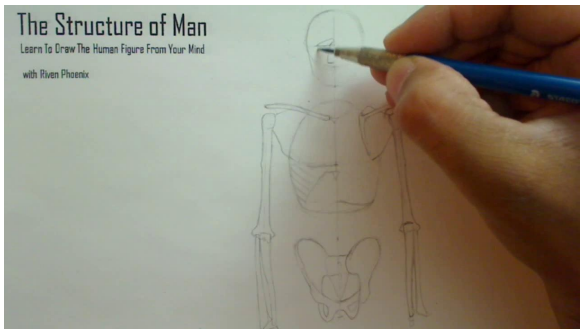
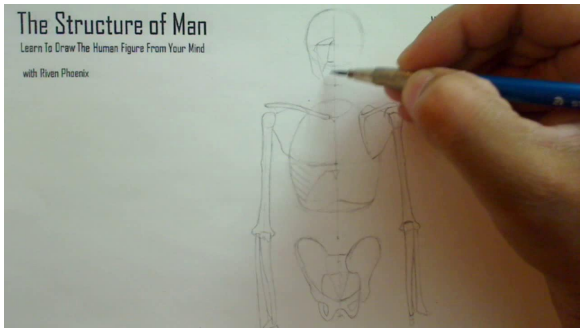
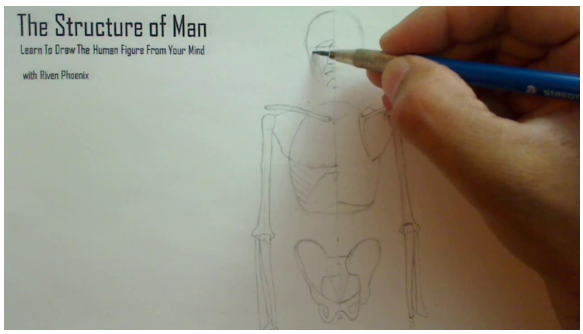
137		And then we're just going to simply get this idea here and get this.
138		Right? We know how the lips are going to be over here on top.
139		We're going to get this and we're just going to simply get this line here.
140		Right? And then, and that's really it.

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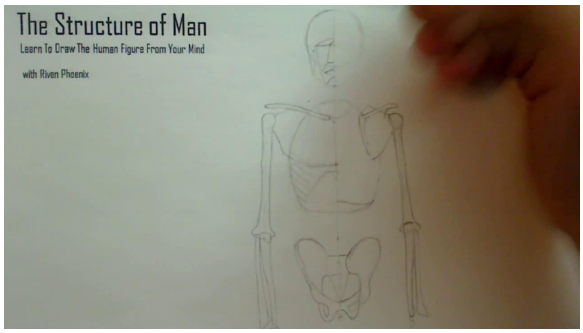
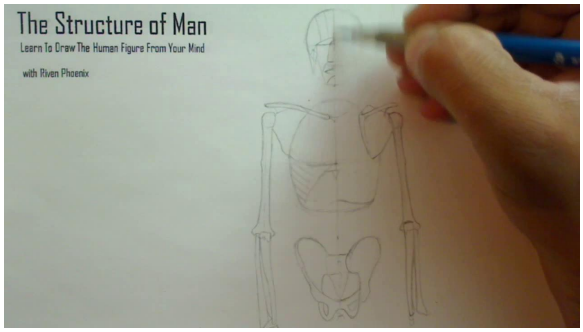
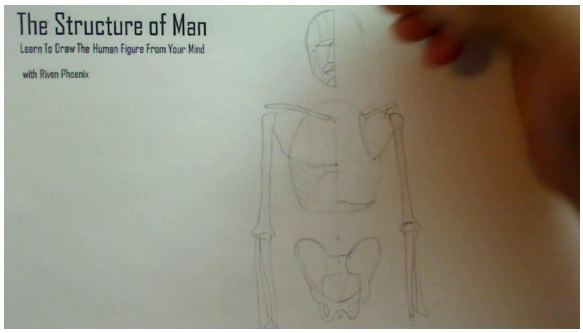
141		And then over here, we're just going to get this area here.
142		So I'm going to split this.
143		And over here, I'm going to do the ear.
144		Just like this. Right? Just keep it simple on this end.

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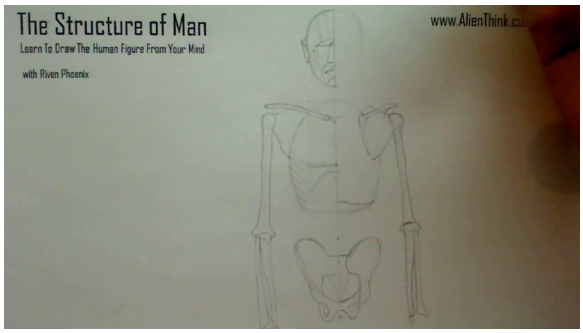
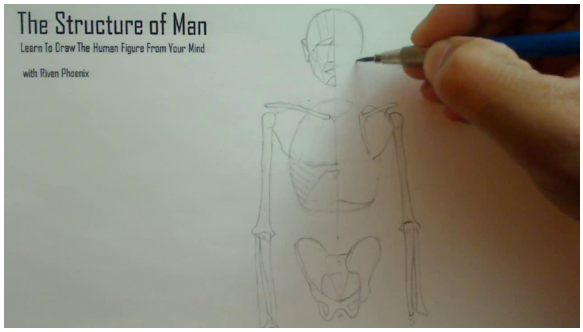
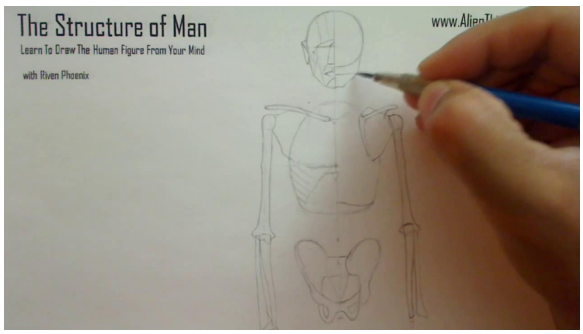
145		And then here from the side, I'm going to draw it out.
146		Just like this and say that this is going to be the bottom of the head.
147		Right? So here we can now just simply make this into a box.
148		Right? Because it's really just going down.

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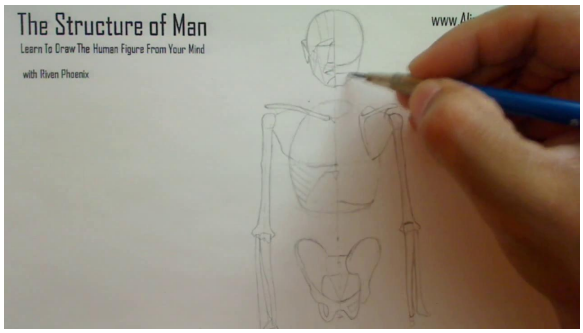
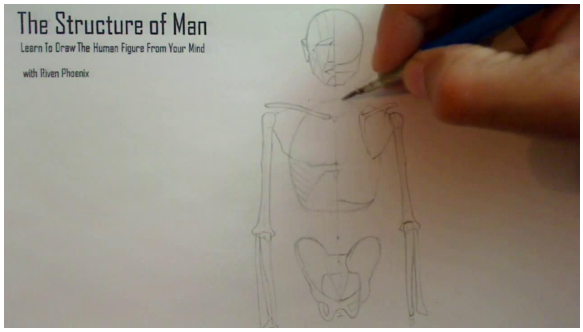
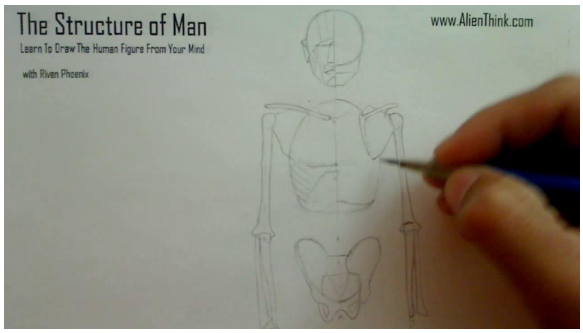
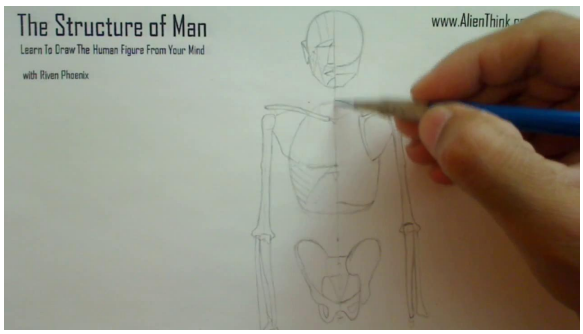
149		And this is the jaw area going down the other way.
150		So this is now going to be coming from the top.
151		This way, you know, we'll be just going down this way over here.
152		Right? And then we'll just get this.

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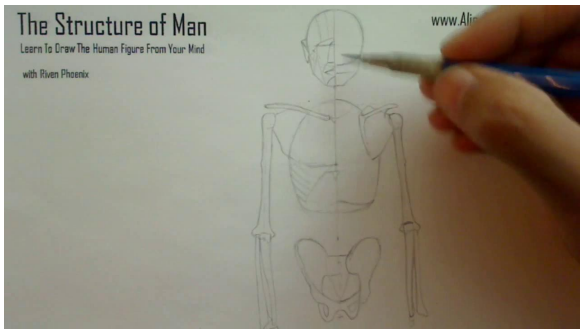
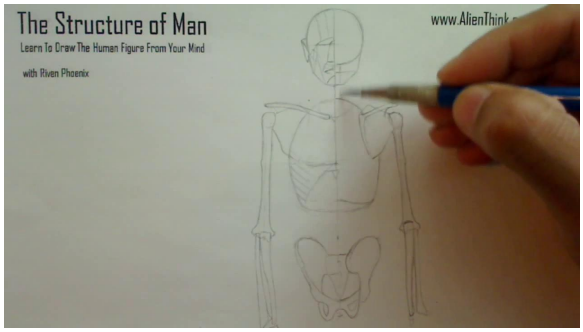
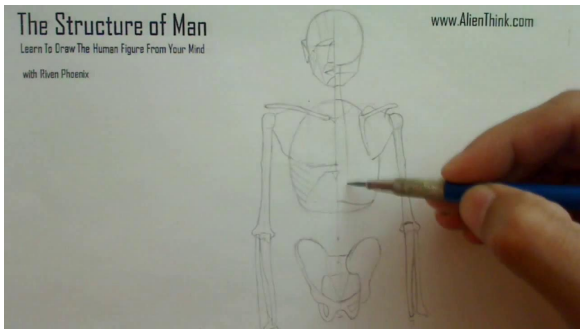
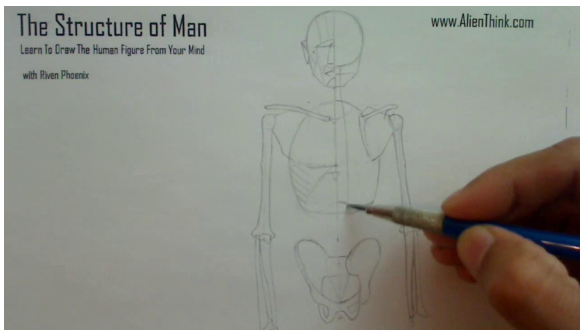
153		So here we can just make sure we understand.
154		We'll also draw out a little bit of the spine over here.
155		Simply like this.
156		And then we know that this is really going to go down.

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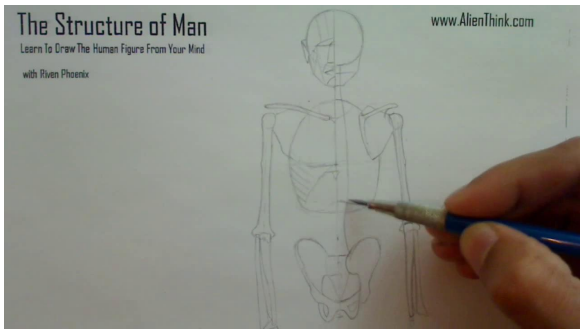
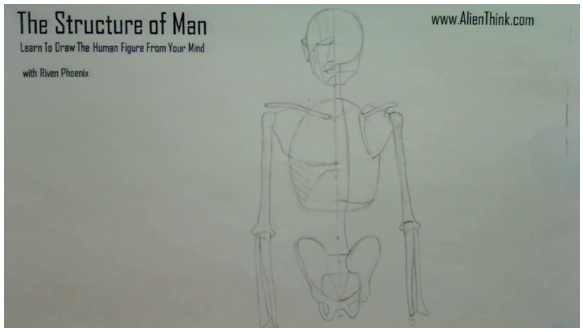
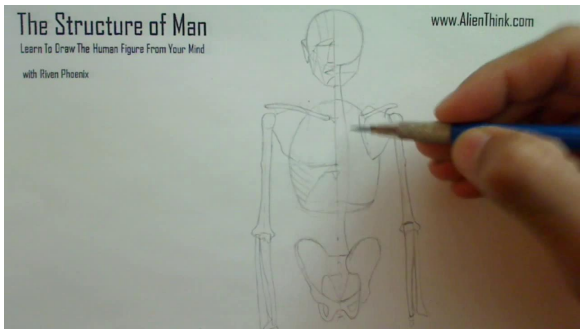
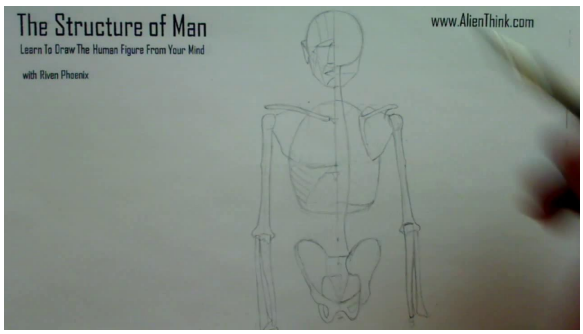
157		And coming more outwards towards us.
158		Okay? So here, it's important to do this drawing here because you can see that some of these drawings,
159		right, always go through the whole drawing process to get it done correctly.
160		Because we're really now getting into the really important areas of drawing.

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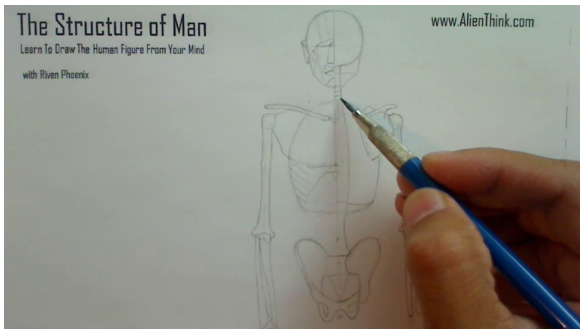
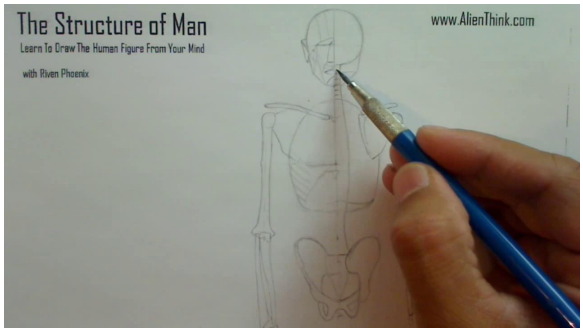
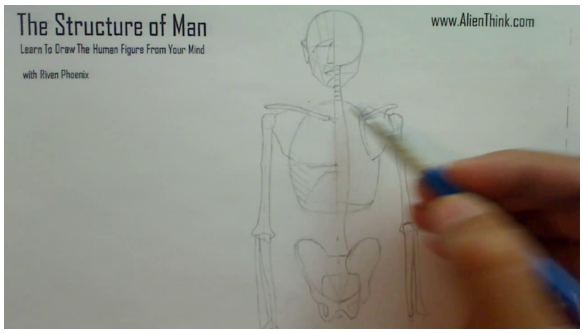
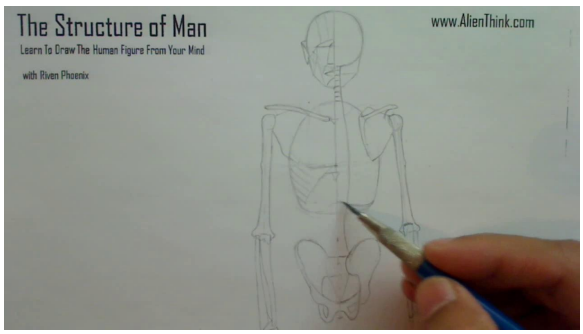
161		So this is one, two, three, four, five, six.
162		Right? So this will give me my spine area over here.
163		And over here, we already know they're right.
164		Really over here, it's going to be going in.

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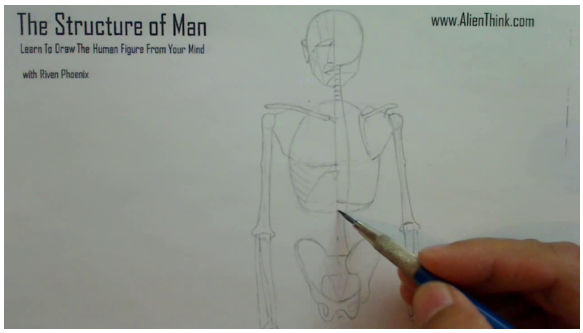
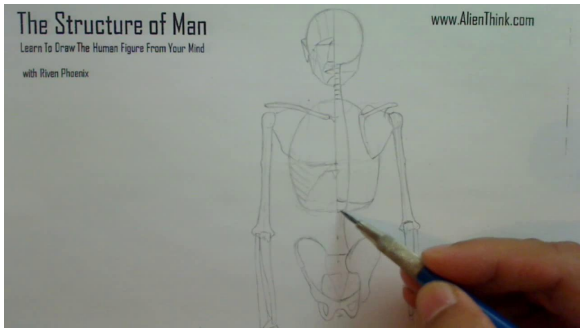
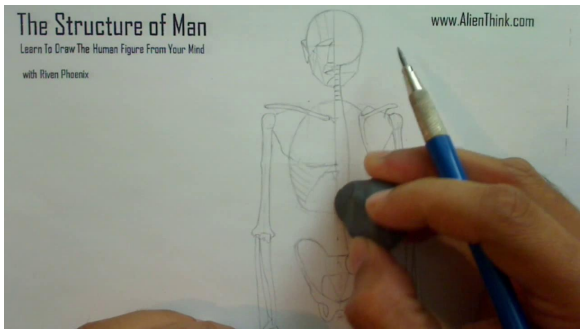
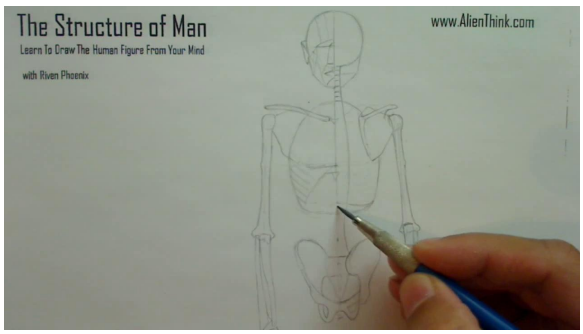
165		So this is going to be already the sixth.
166		Right? It's actually going to be going this way.
167		You've got to think about this in a half way.
168		Half pipe.

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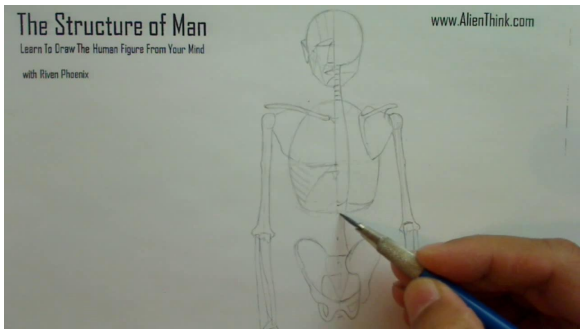
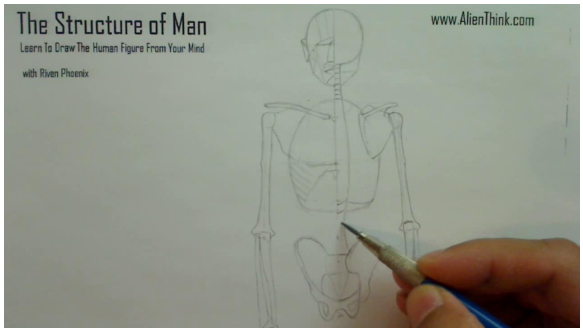
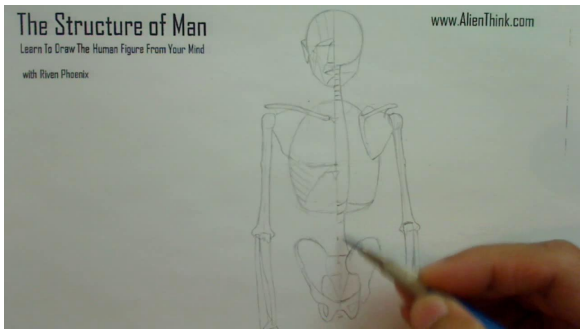
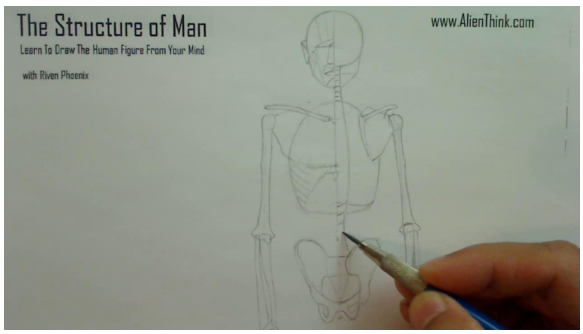
169		Okay here. So this is going to be five.
170		I mean, this is going to be one.
171		We need five of them, one, two.
172		Right? Probably three.

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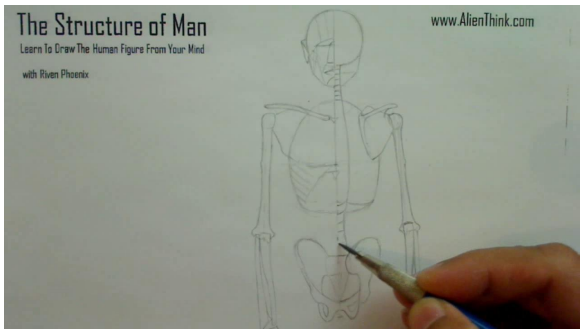
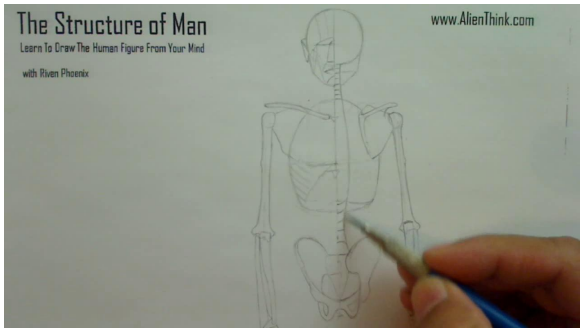
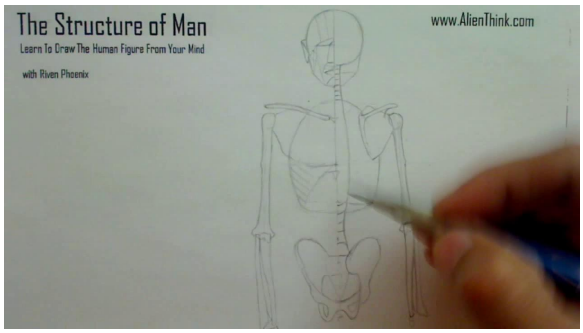
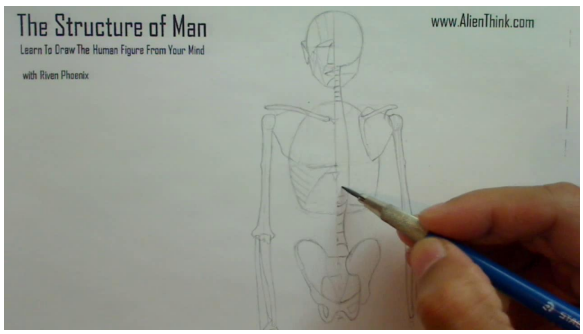
173		And then four. Just do it this way.
174		So you get four of these guys over here.
175		Right? And then over here, I'm just going to get 11 lines.
176		One, two, three, four, five, six, seven, eight, nine, ten, and then 11.

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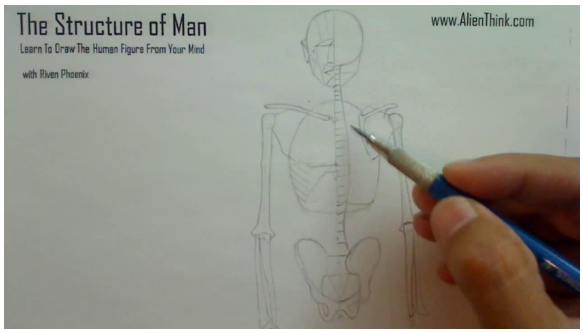
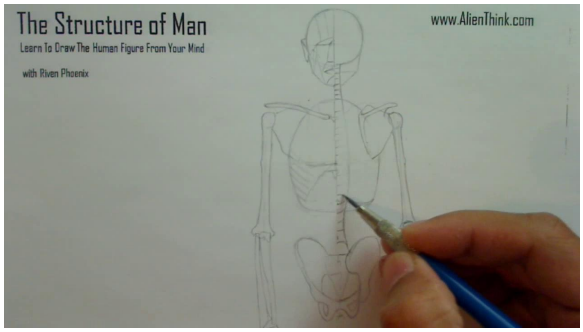
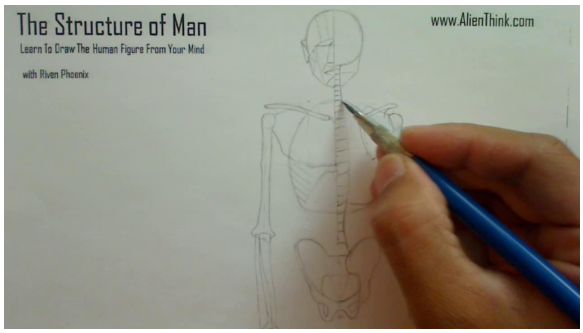
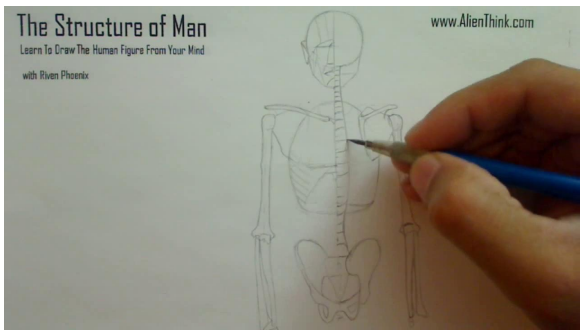
177		Right? So we can actually change that number a little bit.
178		One, two, three, four, then five, six, seven, eight, nine, ten, 11.
179		Okay? Now we get it right.
180		Sometimes you have to try it out.

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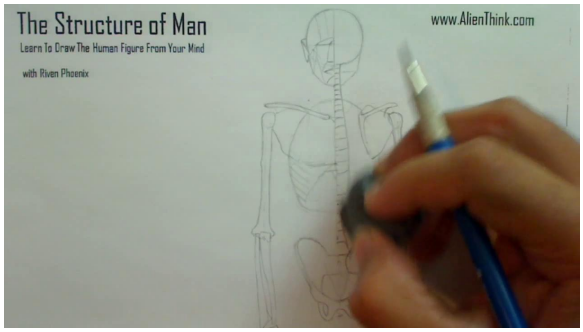
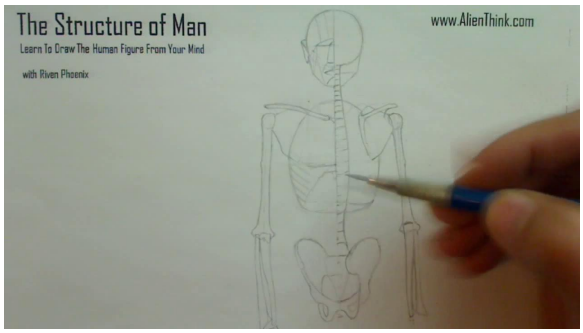
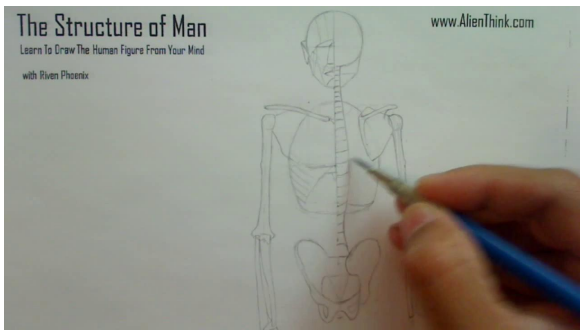
181		Right? So here is, like I said, just get it done conceptually.
182		And then you can fix up any of the areas that didn't get right.
183		So it's really this line, dividing the spine here, we discovered is probably the most tricky.
184		Yes. Because we got to get those lines in.

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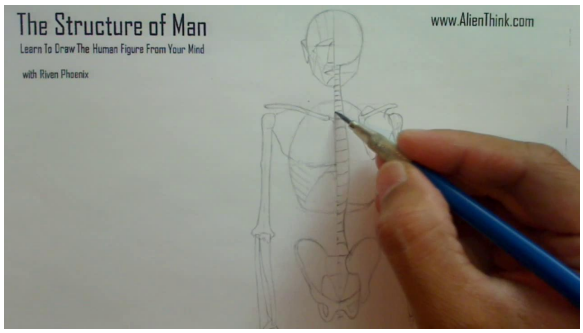
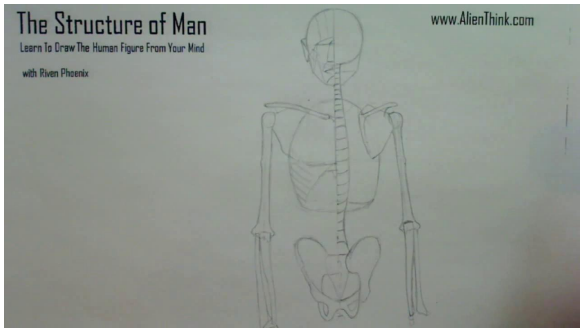
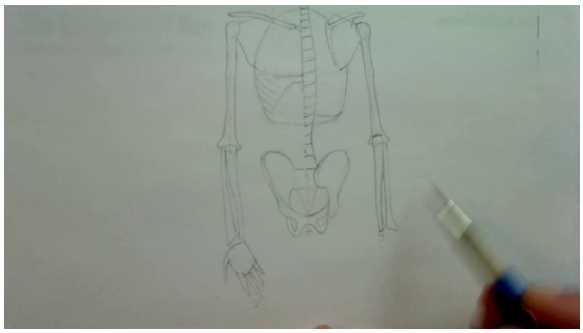
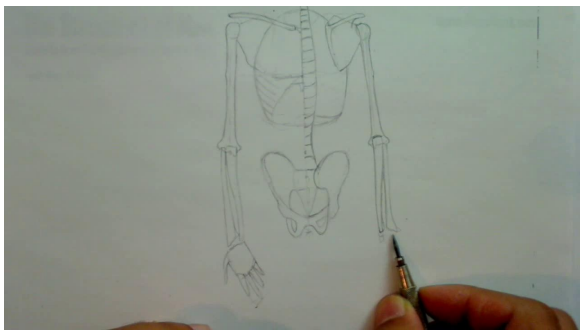
185		But really doesn't take too long to figure it out.
186		So to finish this drawing, we have to draw the other hand.
187		Okay? So to draw out the other hand, here I'm just going to do simply the same thing from here to here.
188		And then let's say I'm just going to do it this way to the hand.

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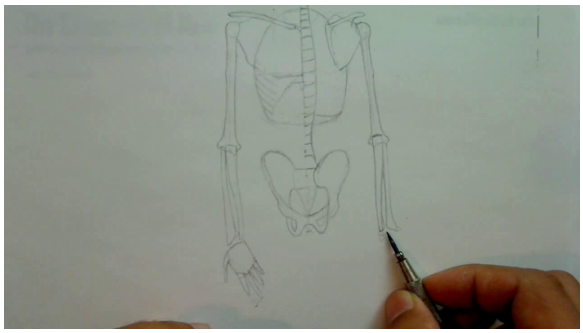
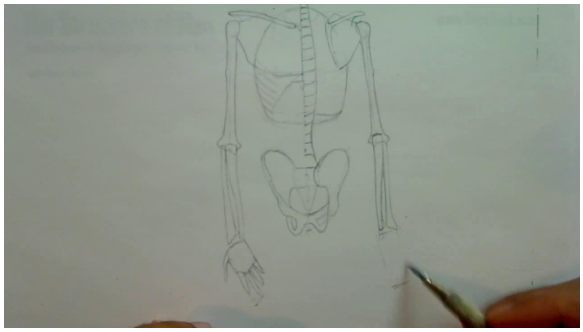
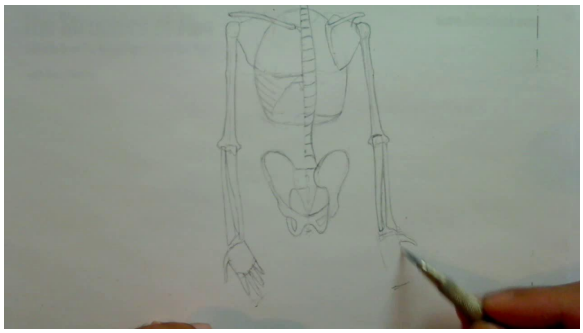
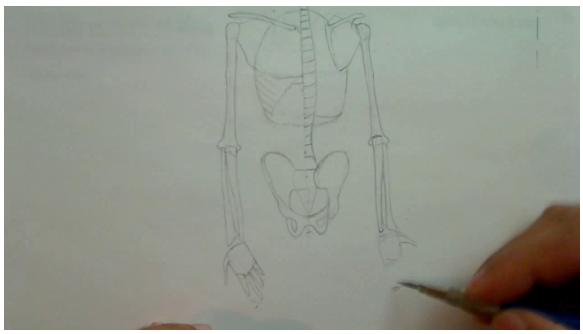
189		Right? So we'll just say that this hand is basically just going to be like this again.
190		And we know that the radius means that the bone for the thumb is really just going to be coming out this way over here.
191		Anyways, right? Then we can just split that in half and just figure out the whole thing over here.
192		And then simply just draw out your fingers again.

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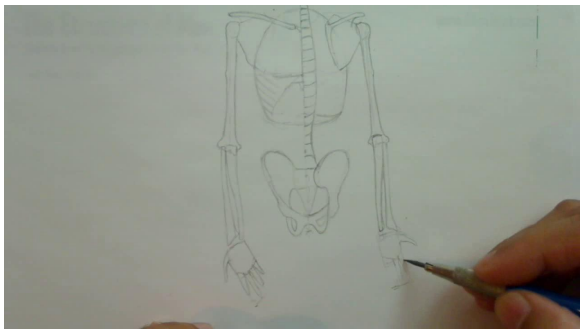
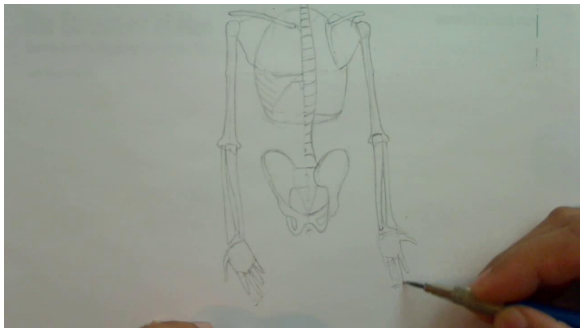
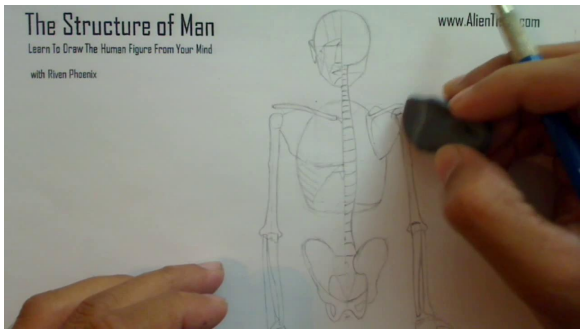
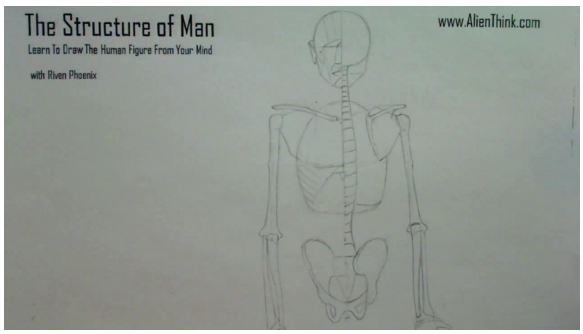
193		Right? So when you draw them out, just know that the ring finger is going to be a little bit bigger than this.
194		This is the biggest one. And here we've completed the drawing here so we can begin to understand the R bones of the arm.
195		So it's really important to get this drawing as accurate as possible because it's going to pay off when you do the drawing.
196		So I'll see you in the next lesson.

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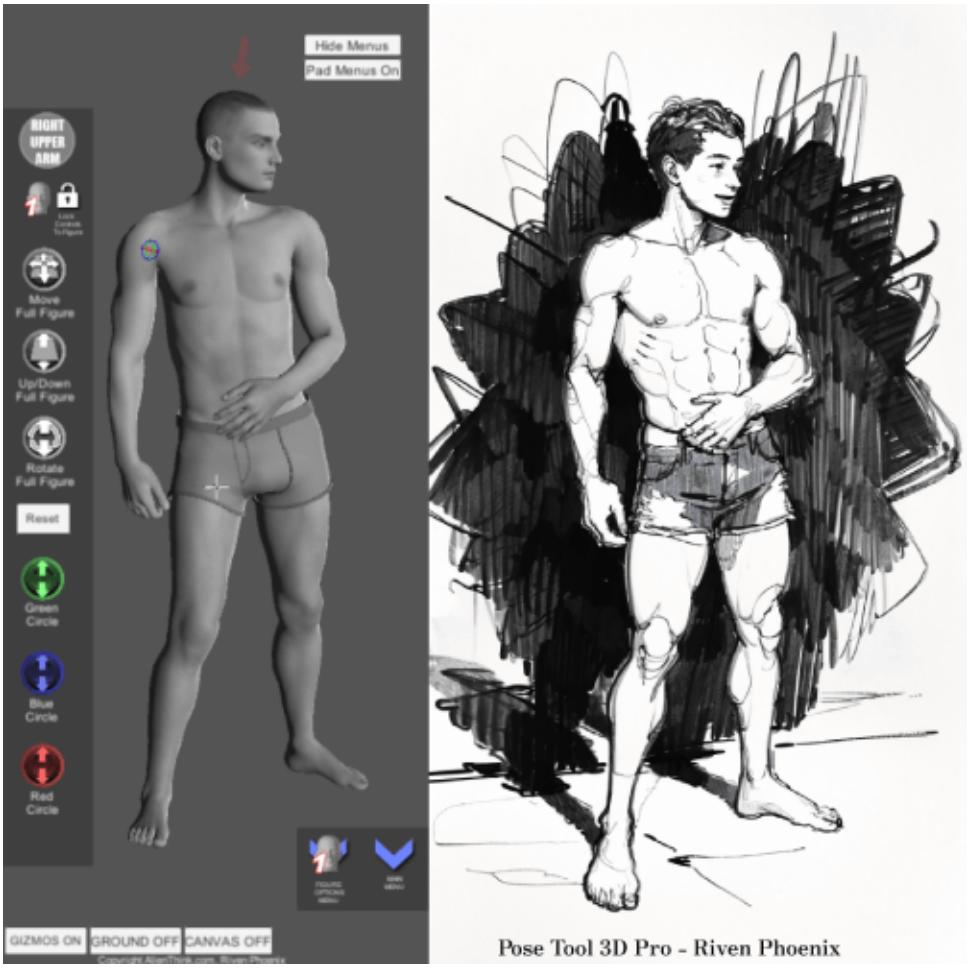

www.alienthink.com/pose-tool-3d/

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